# Response - Read First

(Trigger warning: Mentions of Sexual Assault (SA), Rape, Death Threats, Racism, Suicide, Depression and Assault.)

I figured it was best laid out to respond to everything in order of the video he has posted,
I apologise for the prompt tweet replies but having this suddenly all resurface after a year is very triggering, Especially when I'm being accused of lying despite providing solid evidence of events.
I'm hoping that after this, I won't have to constantly explain or defend my story, but after hearing the endless lies in the video, I can't just stay silent—no one could. There's a lot I need to take responsibility for, like my choice of words, but I can't just sit back and let a completely fabricated version of this story be told.

I take responsibility for the confusion my previous statement caused. I realise now that my words were not acceptable and that I should've been more direct. It's not everyday someone has to publicly address a situation like this, I did that to myself and I should've expected something like this.
However, I anticipated he would resort to the "lying route" as I cautioned in my previous statement.
I intend to be fully transparent and provide all supporting documentation. However, due to the age of the evidence (nearly 2 years) and the process of gathering it all together, it might take a long time and this will be a very long document.

Firstly, I sincerely apologize for any confusion resulting from my initial statement. Due to our interactions, which often occurred on a weekly, if not on a daily basis, it would have been practically impossible to include every single argument and exchange in one single document. As I noted previously, the document would have 1000+ pages. Therefore, I chose to focus on the most traumatic experiences, highlighting the specific actions that caused me pain. It breaks my heart hearing that in the video he makes claims of 'mutual abuse', being publicly discredited is upsetting. My reactions towards him were deeply rooted in genuine emotional responses to specific, often harmful, situations. While I acknowledge that my responses were sometimes imperfect, I also made mistakes in reacting the way that I did by the hurt inflicted upon me. It's an indescribable feeling when confronted with blatant fabrications of the truth. It is a horrible feeling to have someone who caused these events, deny the events that they know very well occurred.

I'm sorry for the offensive words I used to hurt Alex back, calling him a retard, autistic, fat, I knew it was wrong and I used these words to try to hurt him back for hurting me so much. I take full accountability for this and I should've been more transparent in my first document where I had said I went down to his level with insults back at him. These words are wrong to use and I have been bettering myself since this relationship. I hope I haven't offended anyone and if I have, I really am deeply sorry and full of regret. I have been ashamed. I felt like I had to use these words to hurt him back and I used anything I could think of.

The narrative of saying I had been threatening and abusing throughout the whole relationship is false, and I'll debunk every statement made about it. I've always said I was never innocent and I reacted back to things he said and did, I said that in my first statement. I definitely wasn't innocent towards the end, and i'll admit i was toxic at the end of our relationship because i really grew to hate the position i was in, i had been promised everything would get better after i moved in and that will be proven (he claimed there was no talk about being worried to move in together, yet i put it in my original statement). Im reliving this all again and the manipulation is still happening in that video.

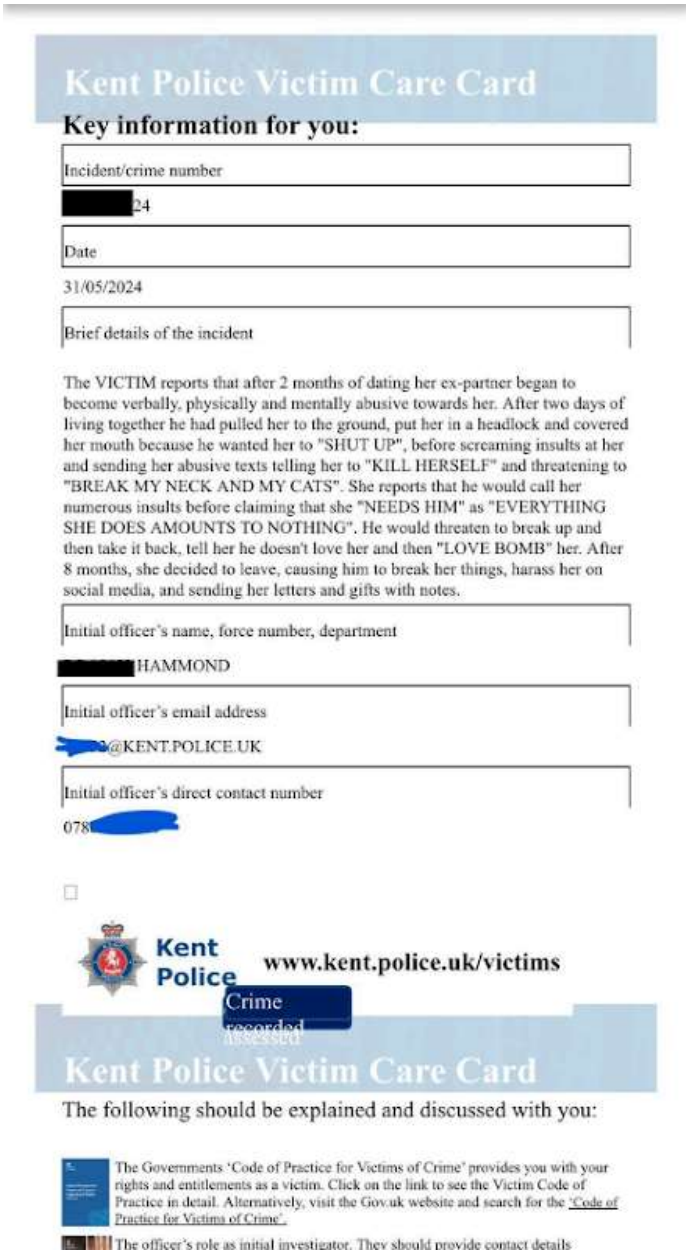
I know I was toxic after all this. I wish it wasn't who I turned into, but it was, and I have to admit to that.
I haven't lied about anything I said in my first statement, everything I wrote there happened.

The videos I linked in my first statement of Alex threatening violence is dated **may,** having just made it official in **march**, this abusive language was implemented early in the relationship by him, months and months of this could change anyone and i'm sorry to myself mostly for staying in this and becoming as toxic as i did.

# Response - Read First

also get a restraining order because of the threats to kill and harm me. I didnt and dont have it in me to go through court and looking back now i should've. Nothing went further as i posted online about this, i wasn't given a reason as to why it was dropped, i was just told it has been put down and will be there under his name and if he contacted me again to let them know so they can take this further.

No, you don't need to be convicted to be subject to a Clare's Law disclosure; the scheme allows police to disclose information about a person's history of violent or abusive behavior, even if it didn't result in a conviction.



Kent Police Victim Care Card

Key information for you:

Incident/crime number

[redacted]24

Date

31/05/2024

Brief details of the incident

The VICTIM reports that after 2 months of dating her ex-partner began to become verbally, physically and mentally abusive towards her. After two days of living together he had pulled her to the ground, put her in a headlock and covered her mouth because he wanted her to "SHUT UP", before screaming insults at her and sending her abusive texts telling her to "KILL HERSELF" and threatening to "BREAK MY NECK AND MY CATS". She reports that he would call her numerous insults before claiming that she "NEEDS HIM" as "EVERYTHING SHE DOES AMOUNTS TO NOTHING". He would threaten to break up and then take it back, tell her he doesn't love her and then "LOVE BOMB" her. After 8 months, she decided to leave, causing him to break her things, harass her on social media, and sending her letters and gifts with notes.

Initial officer's name, force number, department

[redacted]HAMMOND

Initial officer's email address

[redacted]@KENT.POLICE.UK

Initial officer's direct contact number

078[redacted]

Kent Police www.kent.police.uk/victims

Crime recorded

Kent Police Victim Care Card

The following should be explained and discussed with you:

The Governments 'Code of Practice for Victims of Crime' provides you with your rights and entitlements as a victim. Click on the link to see the Victim Code of Practice in detail. Alternatively, visit the Gov.uk website and search for the 'Code of Practice for Victims of Crime'.

The officer's role as initial investigator. They should provide contact details

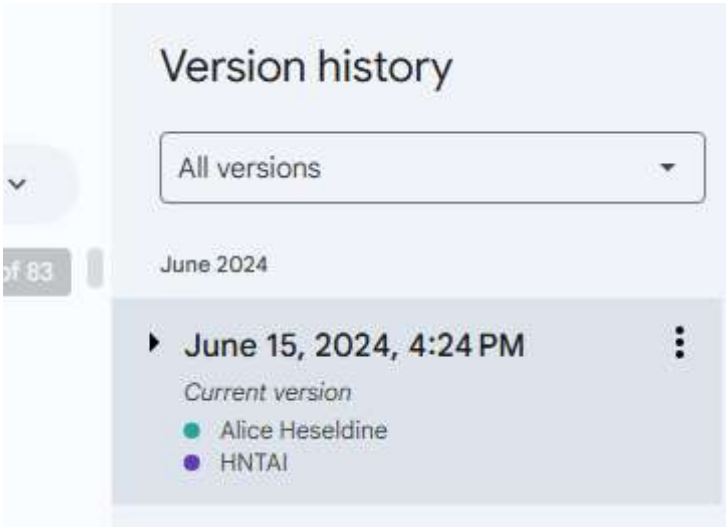
Saying i keep posting about him and his "personal issues" ? which isn't the case, i post about MY issues and MY experience, my posts are only ever me talking about moving from this, and having a hard time moving from the traumatic things he had done to me. I can talk about what happened to me as much as i want to, regardless of anyone's opinion on it and trying to silence me will not work.

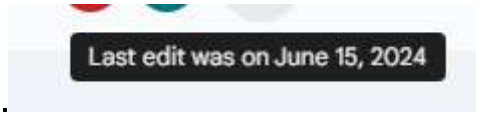
# Response - Read First

misinformation and rage bait.

On twitter i received many of mean comments trying to spin this narrative that he has now come out with, i had at least 10 new accounts and more come at me for the same exact things so it was obviously one person, i apologise for responding but it's hard not to, i fell for a lot of the rage bait given to me. It's hard coming out about so much and being instantly shut down, me replying to bait doesn't prove any inconsistencies, it proves that I didn't know what was best for me and I was defending myself. I've been defending myself for so long it's all I think to do.

Claiming I kept changing my original doc is false, everytime i click onto it, it sets that as the last edited date. I changed nothing in that document at any point after releasing it all publicly and I'd like to add I had two other editors on the document.

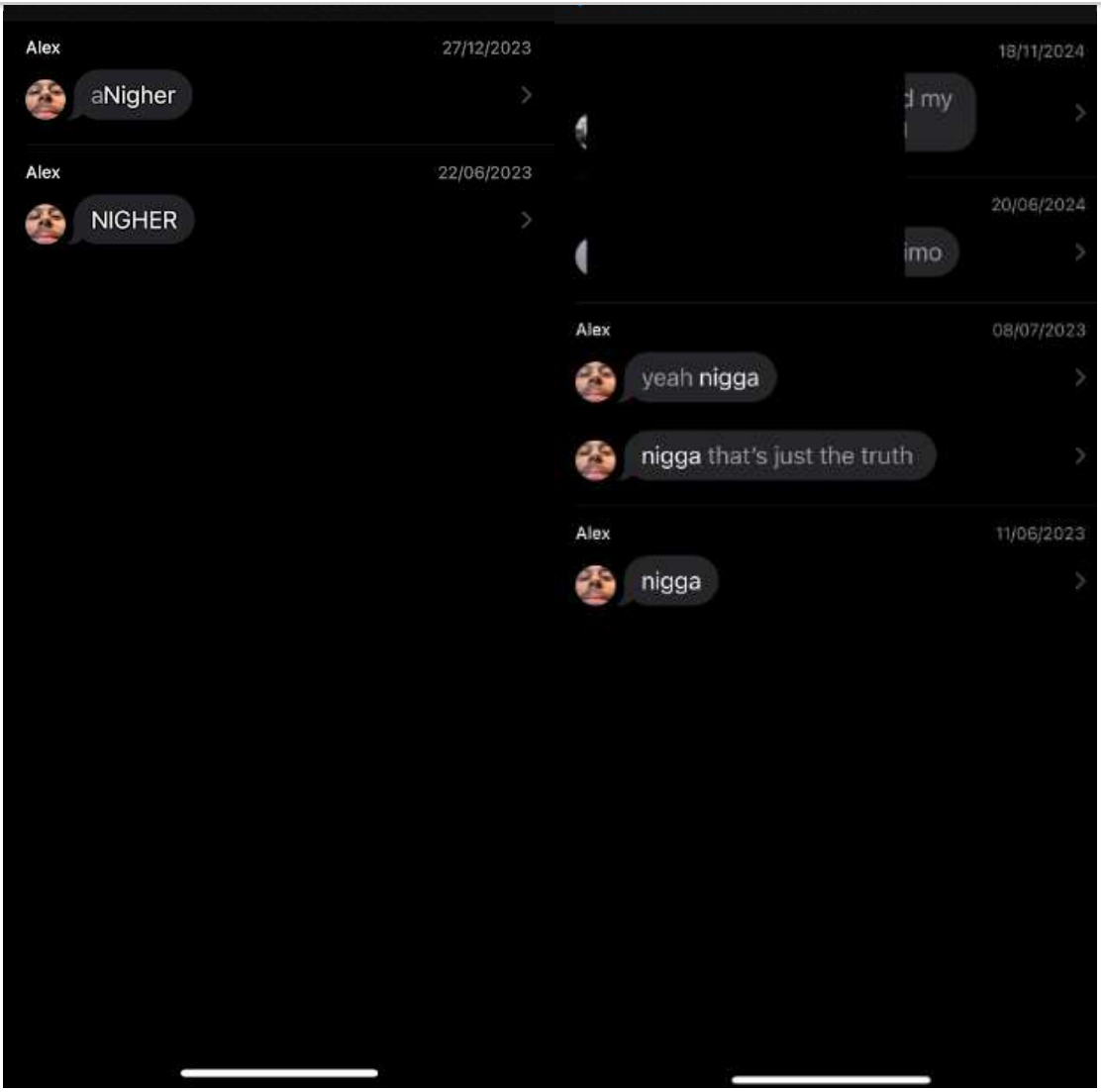


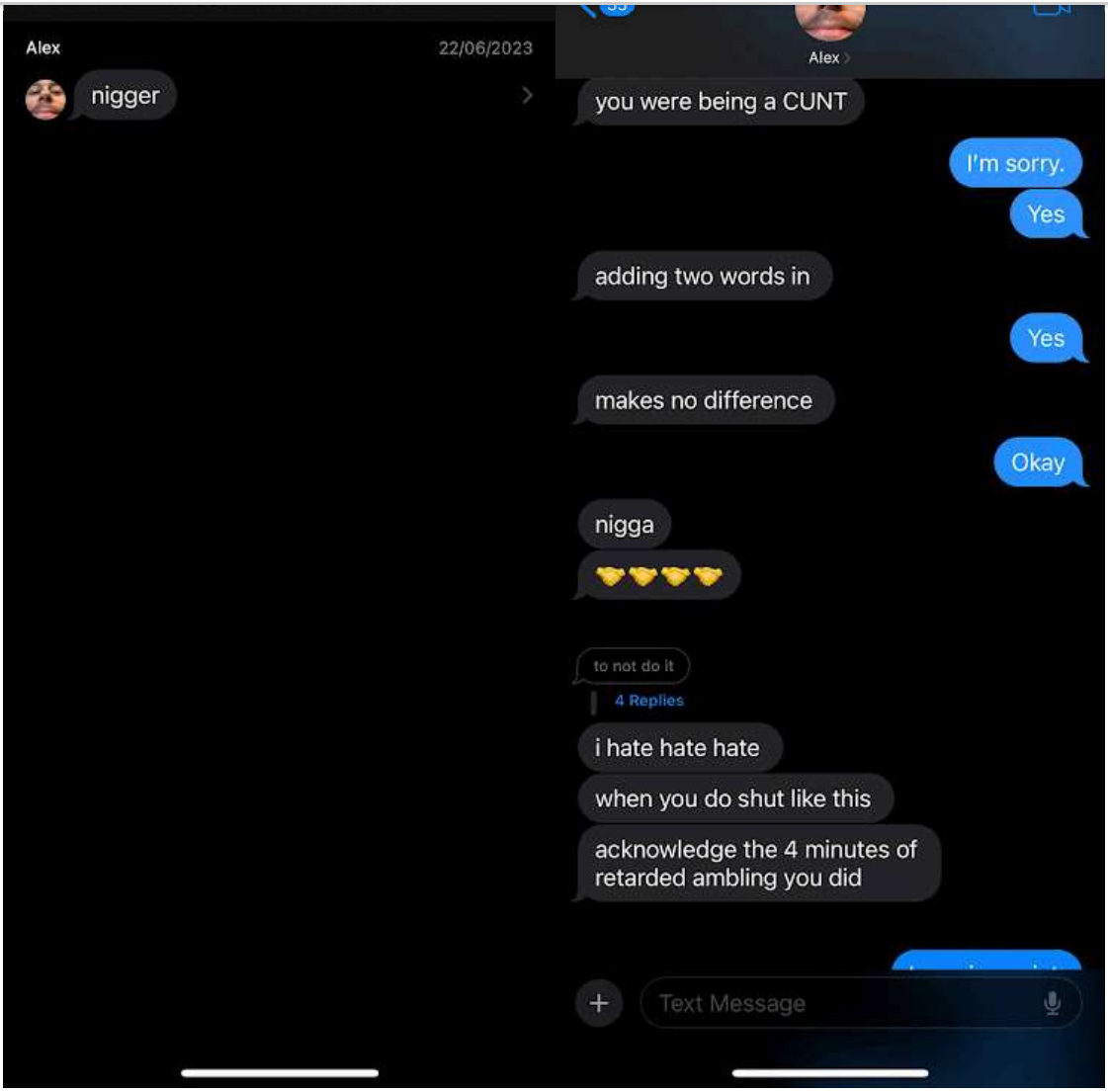

The last time it was edited was **June 15th 2024**.

Responding to my cropped screenshots cropping out his name, i didnt include this for obvious reasons that it was offensive, childish and very fucked up. Hiding it was wrong and i should've explained then and there why i did that. using that word is inexcusable and i am ashamed by it. I thought adding this in would discredit what he had done to me and that was selfishly my main point to put out. It was more because he would throw this word around as an insult towards me, which i gave evidence on in my first statement of him chasing me around the house screaming at me. In no way am i racist and im so sorry i ever did this, i'm just extremely stupid for doing it and ignorant with my choice of words when i named him that in my phone. I mention alex using racist words because he used them on me **aggressively,** not once have i ever used this word in an aggressive way and i was ignorant for even using words to imply this word like the shrimp comment i made to him while we were joking around.
The screenshots I'm going to show are triggering, but I'm showing this to prove I did not use this language like Alex did, nor did I bring this language into the relationship.

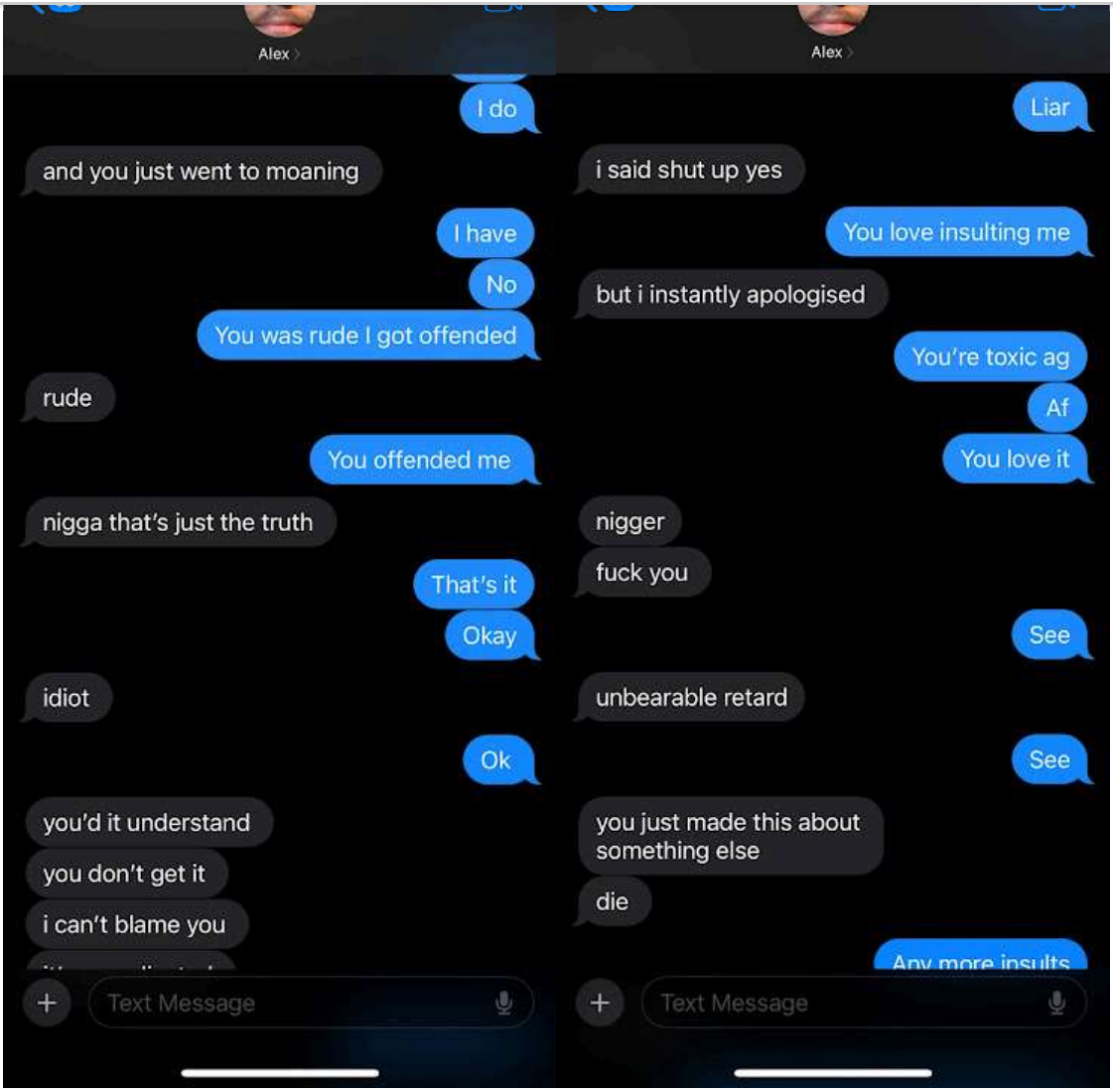
# Response - Read First



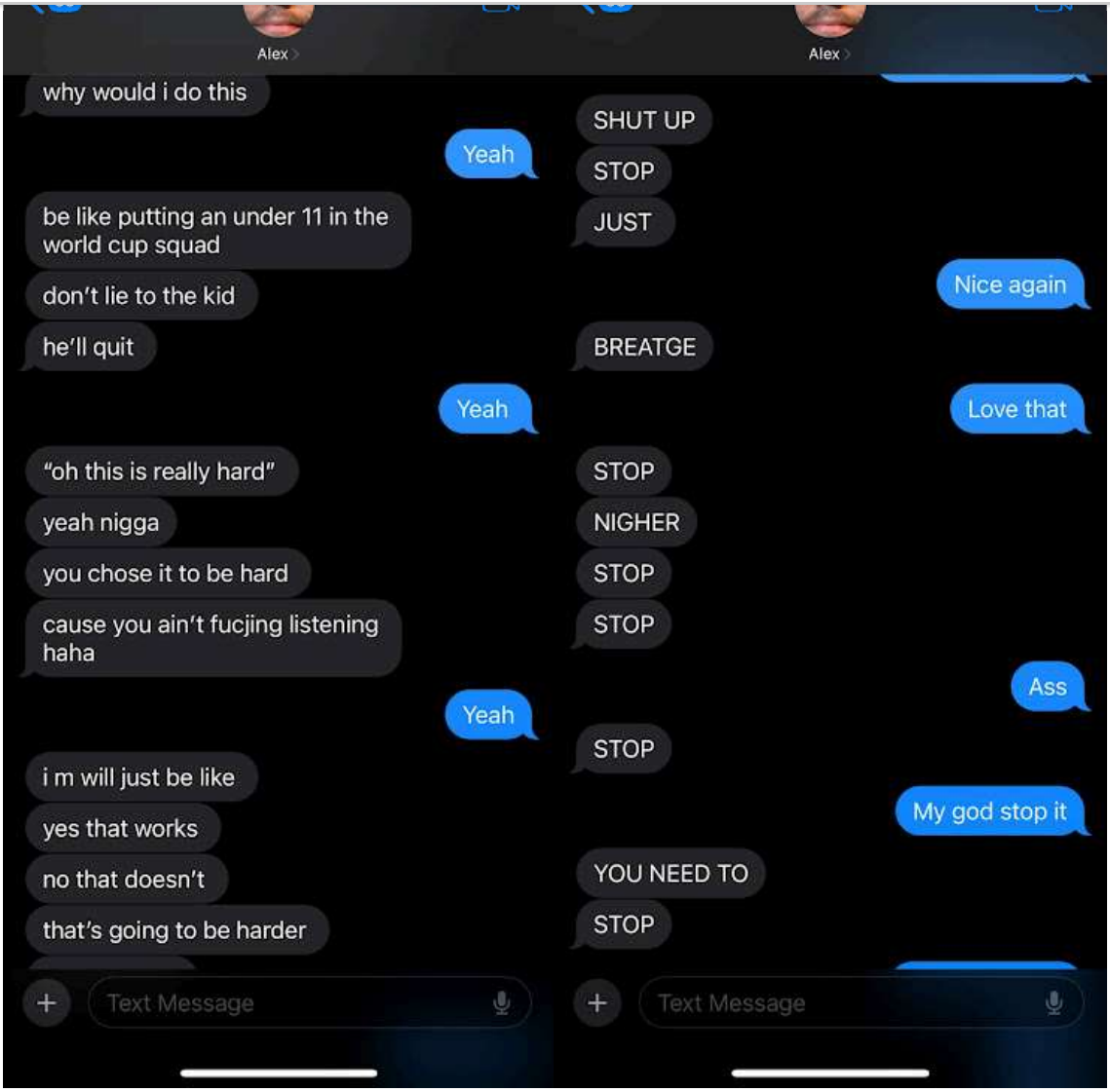
# Response - Read First



# Response - Read First



# Response - Read First



# Response - Read First

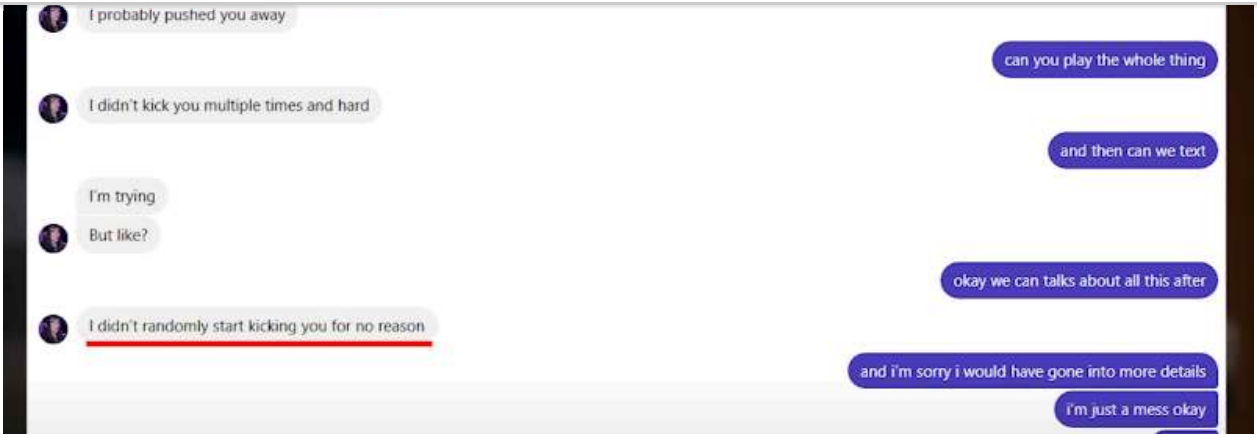
# Response - Read First

your thick skull
I'm not stupid.
so why hang up on me
I do
Wow
I do care
when i mistake your shitty attitude for being shitty
yes you are
You're being so mean for what
woman
you are crazy
alright alice
You said to breakup
And this was before I hung up
You wanted it
if this is what you want
I do
I'm mad at you
I don't want to be with you
It's what you want
171
309
4.2K
1.5M
Alice Hez
@Malice_Hez
i write in my statement multiple times that i became reckless with my use of language because this was so normalised by alex. i am well aware this doesn't excuse my use of the word but it is an honest explanation. I apologise for any offence caused by this.
17:59 · 17/06/2024 · 346K Views
117
139
4.7K
293
Most liked replies
Post your reply
GROK
20

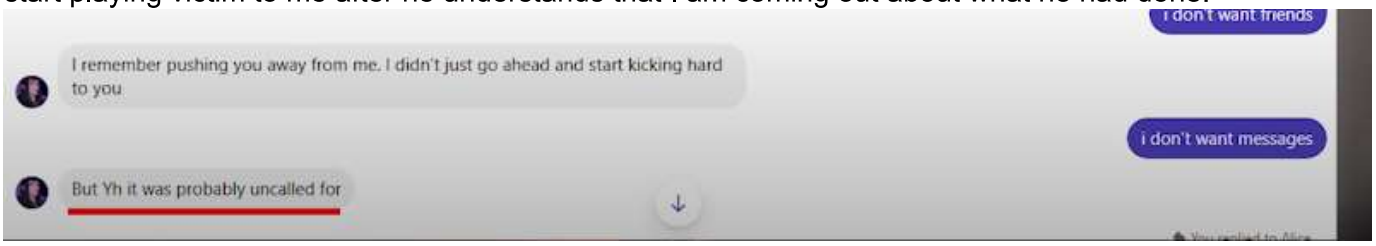
I took accountability for this, and will never stop apologising for it.

The physical claims he has made are the ones i stated in my first statement and then ones he has tried to claim i had done when i hadn't.
I explained I had slapped him in the face out of retaliation, and had an incident of "pushing" him off of me.
These claims are true. But to change a push into a "punch" then "punch in the face" is a lie.

# Response - Read First

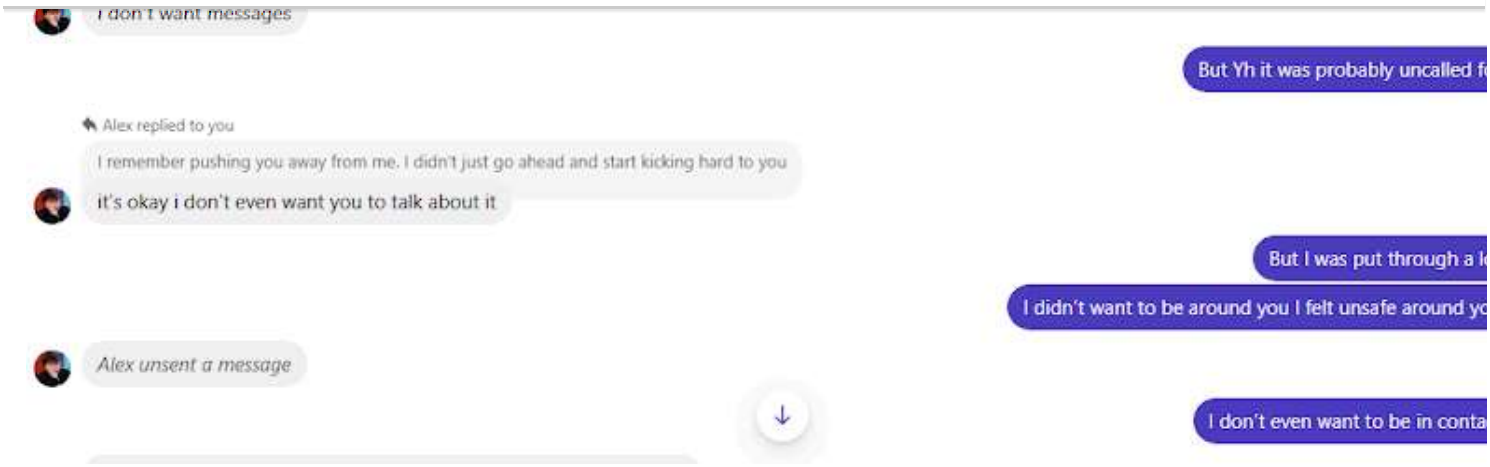

I probably pushed you away
can you play the whole thing
I didn't kick you multiple times and hard
and then can we text
I'm trying
But like?
okay we can talks about all this after
I didn't randomly start kicking you for no reason
and i'm sorry i would have gone into more details
i'm just a mess okay

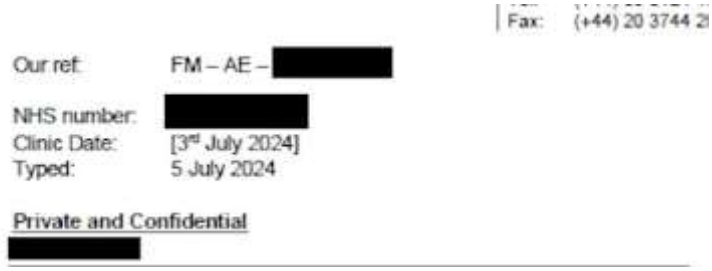
The screenshot he gave is me denying kicking him, and referring to his previous messages where he says i kicked him alot and hard, which is why i say “i didn't kick you multiple times and hard” i can see how this has been taken another way, but all im doing here is denying that happened and telling him i pushed him away. I was more taken aback that his narrative had changed as I explained in my first statement where he goes on to start playing victim to me after he understands that I am coming out about what he had done.


I don't want friends
I remember pushing you away from me. I didn't just go ahead and start kicking hard to you
i don't want messages
But Yh it was probably uncalled for

I'm admitting pushing him away from me was uncalled for, not admitting to kicking, because that didn't happen. He states I was “physically abusing him regularly” which is a damaging lie. Not only does he say this, he denies ever being physical with me. He has spun this 180.
He then said in his video that i “donkey kicked him in the head and neck until he was out of the bed” this was again a lie, and i pushed alex off me in bed, after arguing like this i did not want to be near alex i did not physically kick him out of the bed or in the head like he claims and not once did he ever bring this up to me because he is manipulating a story to fit the narrative that i “beat him”.
For a response that took a year, I'm not sure why saying “donkey kicked” while laying in bed in the head and neck was well thought out, that is physically impossible to kick behind like that and I would never do this to anyone.
His story keeps changing.

# Response - Read First


I don't want messages
But Yh it was probably uncalled f
Alex replied to you
I remember pushing you away from me. I didn't just go ahead and start kicking hard to you
it's okay i don't even want you to talk about it
But I was put through a l
I didn't want to be around you I felt unsafe around yo
Alex unsent a message
I don't even want to be in conta


Fax: (+44) 20 3744 2

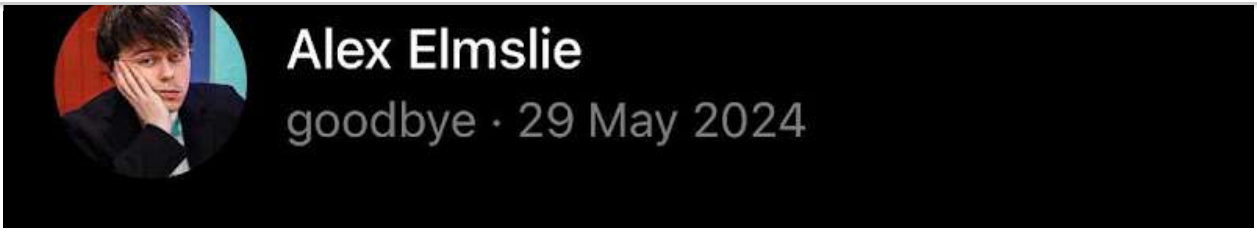
Our ref: FM – AE – [redacted]

NHS number: [redacted]
Clinic Date: [3rd July 2024]
Typed: 5 July 2024

Private and Confidential
[redacted]

He claims I lied about him ever being diagnosed, and at the time it was not a lie. Throughout the whole relationship I told him to seek therapy and receive the help he needed and he didn't. He said he tried therapy and it didn't work, this was for his general health nothing in particular sparked this, just how he was towards work and friends.
He has now since the date in that picture been diagnosed, which I was completely unaware of. Our last date of contact was **29th may 2024**

# Response - Read First

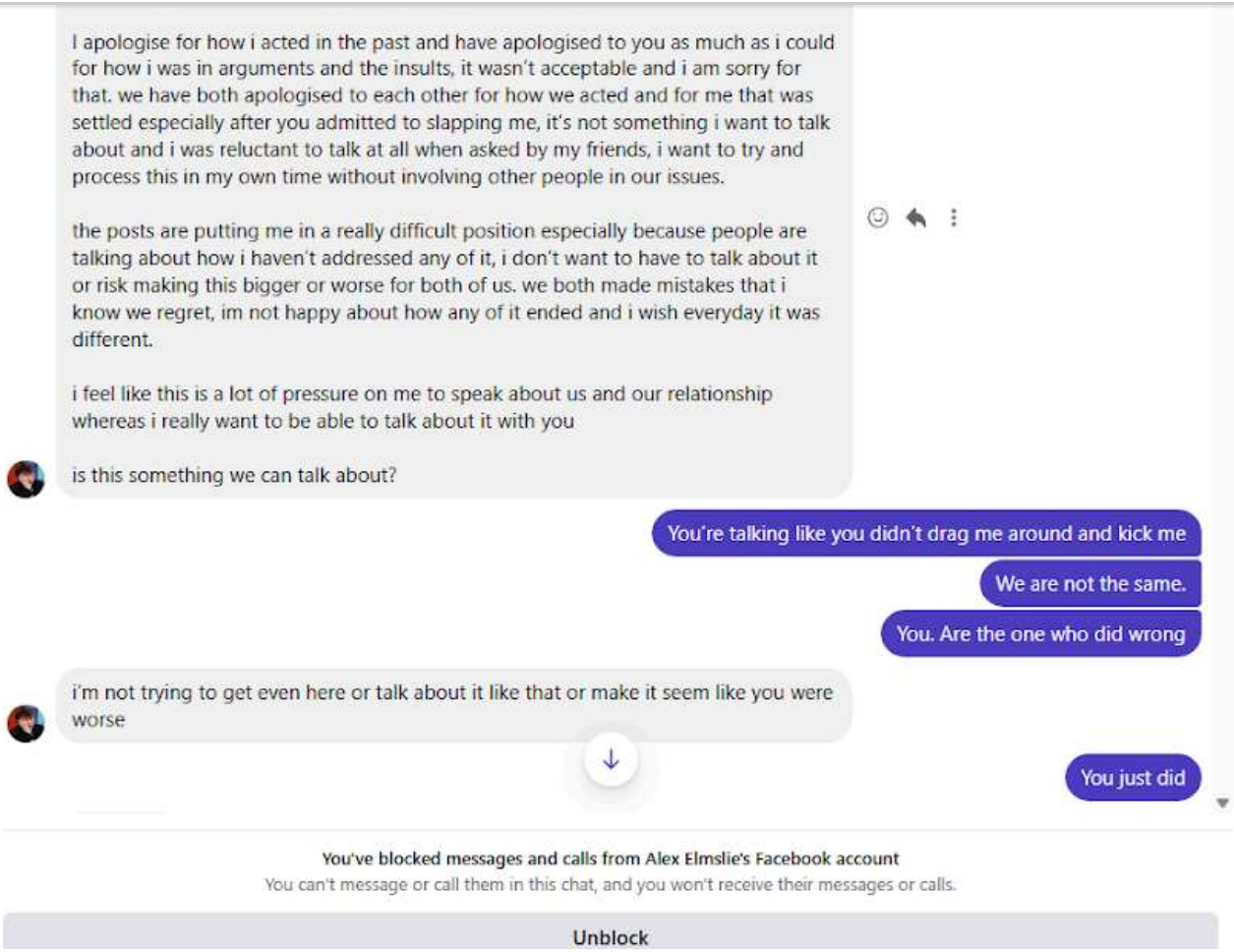



So yes I said he wasn't diagnosed because that is what I knew.
In his diagnosis it reads that he was aggressive towards me (undeniable), and that he would have “anger outbursts” this completely contradicts his story that he has made in this video, as he's saying he would always express sadness, crying, and being abused when that is not the truth.

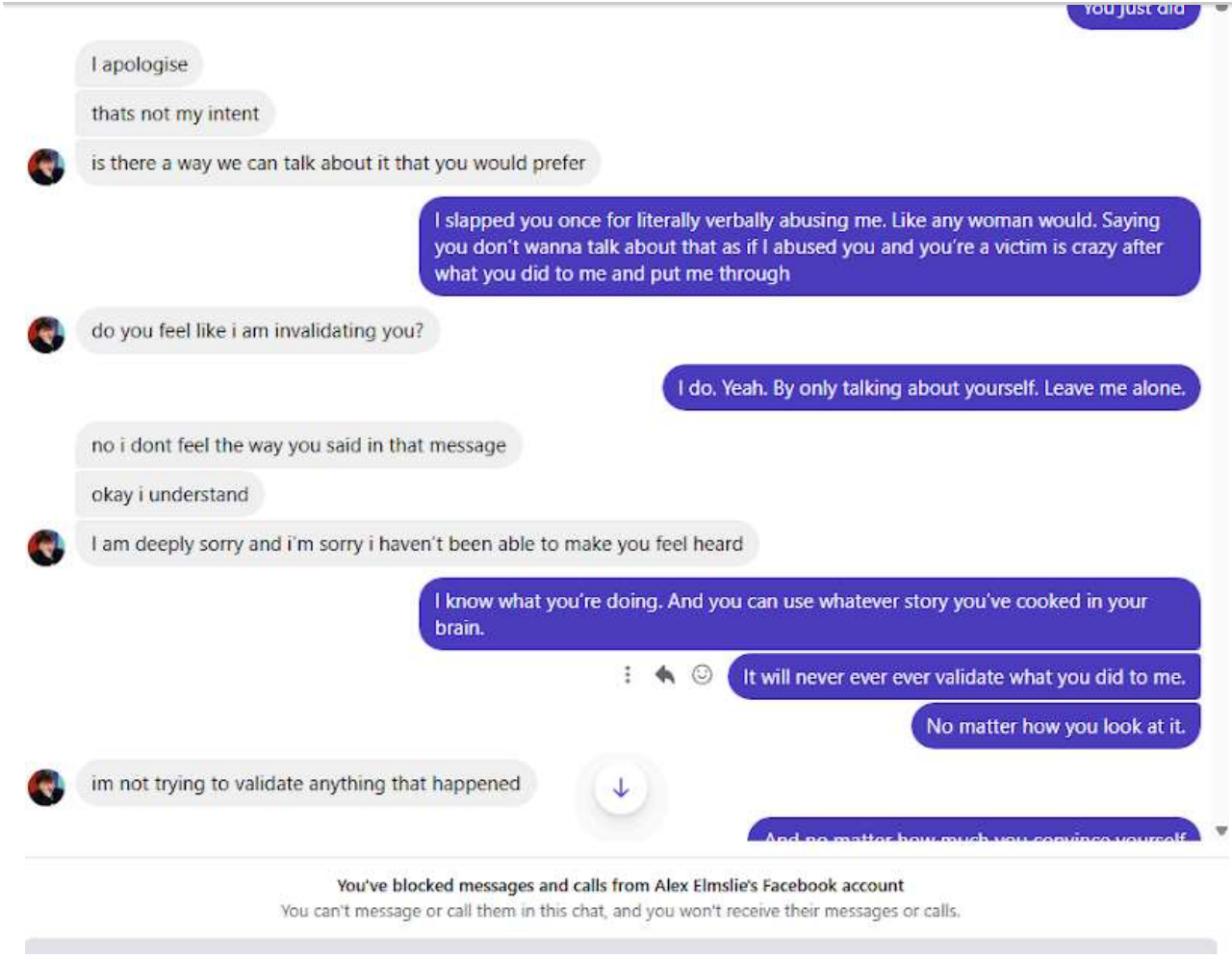
He says i showed no proof of him threatening to discredit my side of the story and threatening me to not come out with this publicly, when he came to me manipulating a story he made claiming he will use the fact i “hit him” after he received messages of me admitting to slapping him **once**, which i never hid or denied. You can see his inconsistencies in these claims he makes as it started with a slap, moved onto a punch, and now he is claiming kicks and “regular physical abuse” and “donkey kicks in the head and neck” i am so so clear and will always admit my wrongs, yes it was wrong to slap him that one time but it was all i felt i could do to get myself out of the situation i was in at the time.

All I can offer here is the whole uncropped version of this conversation so I apologize this will be a very long document, but I feel that's what is necessary here. Before i didn't share every single message as i was trying to show what he had done to me, and not the whole relationship i understand how this has now come back on me and made me look like i was trying to paint myself as a saint, but i had stated in the first document that i am not innocent. I admit to my wrongs and always have. But in no way was the abuse I received “mutual”. In the proof I gave in my first statement you have a clear cut look on the inside of what Alex was like with me, and how aggressive he was. yes i said mean things, yes i slapped him once to defend myself and yes things got toxic and i started avoiding and not liking being around him, that is down to being abused.

# Response - Read First

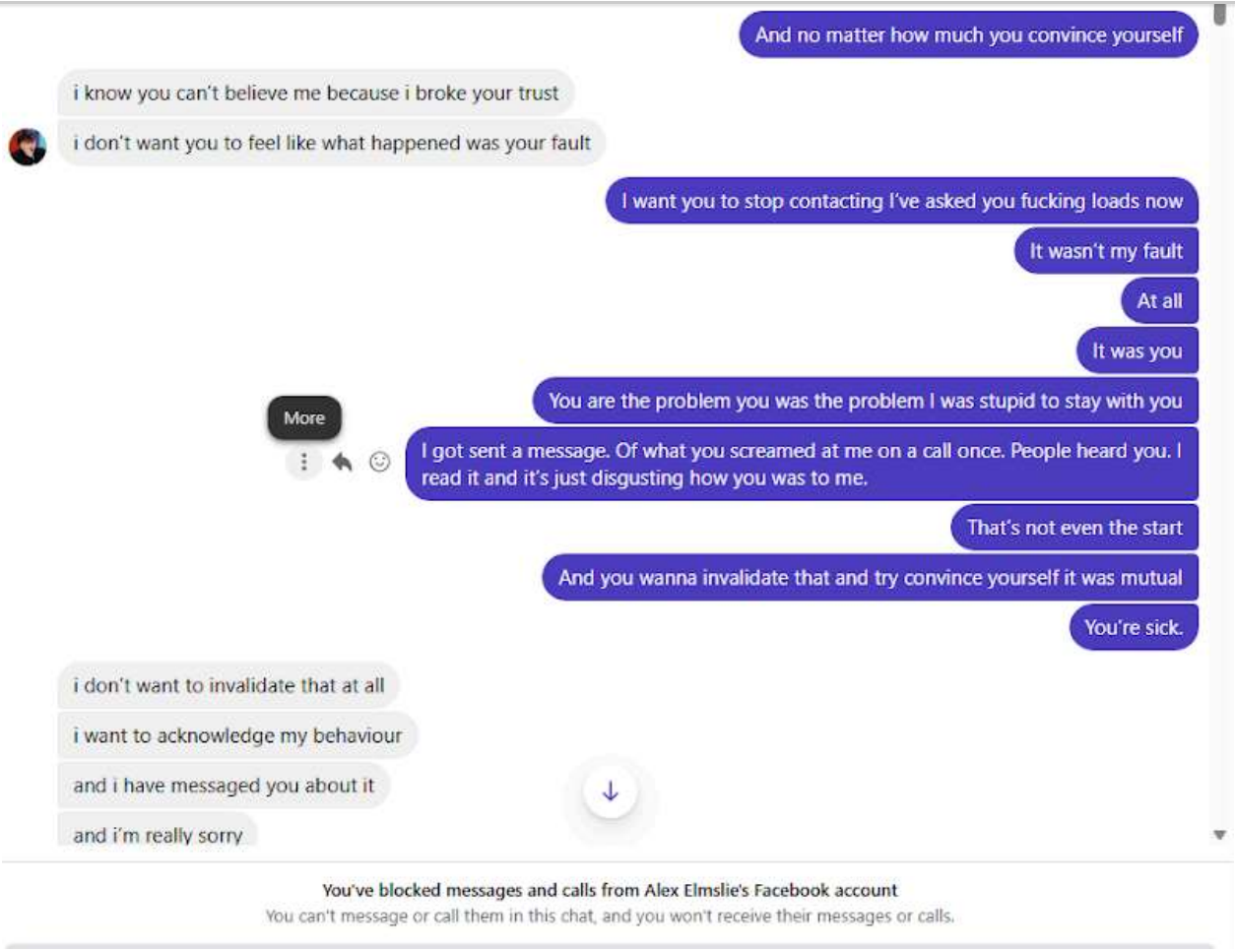

I apologise for how i acted in the past and have apologised to you as much as i could for how i was in arguments and the insults, it wasn't acceptable and i am sorry for that. we have both apologised to each other for how we acted and for me that was settled especially after you admitted to slapping me, it's not something i want to talk about and i was reluctant to talk at all when asked by my friends, i want to try and process this in my own time without involving other people in our issues.
the posts are putting me in a really difficult position especially because people are talking about how i haven't addressed any of it, i don't want to have to talk about it or risk making this bigger or worse for both of us. we both made mistakes that i know we regret, im not happy about how any of it ended and i wish everyday it was different.
i feel like this is a lot of pressure on me to speak about us and our relationship whereas i really want to be able to talk about it with you
is this something we can talk about?
You're talking like you didn't drag me around and kick me
We are not the same.
You. Are the one who did wrong
i'm not trying to get even here or talk about it like that or make it seem like you were worse
You just did
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.
Unblock

# Response - Read First


You just did
I apologise
thats not my intent
is there a way we can talk about it that you would prefer
I slapped you once for literally verbally abusing me. Like any woman would. Saying you don't wanna talk about that as if I abused you and you're a victim is crazy after what you did to me and put me through
do you feel like i am invalidating you?
I do. Yeah. By only talking about yourself. Leave me alone.
no i dont feel the way you said in that message
okay i understand
I am deeply sorry and i'm sorry i haven't been able to make you feel heard
I know what you're doing. And you can use whatever story you've cooked in your brain.
It will never ever ever validate what you did to me.
No matter how you look at it.
im not trying to validate anything that happened
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

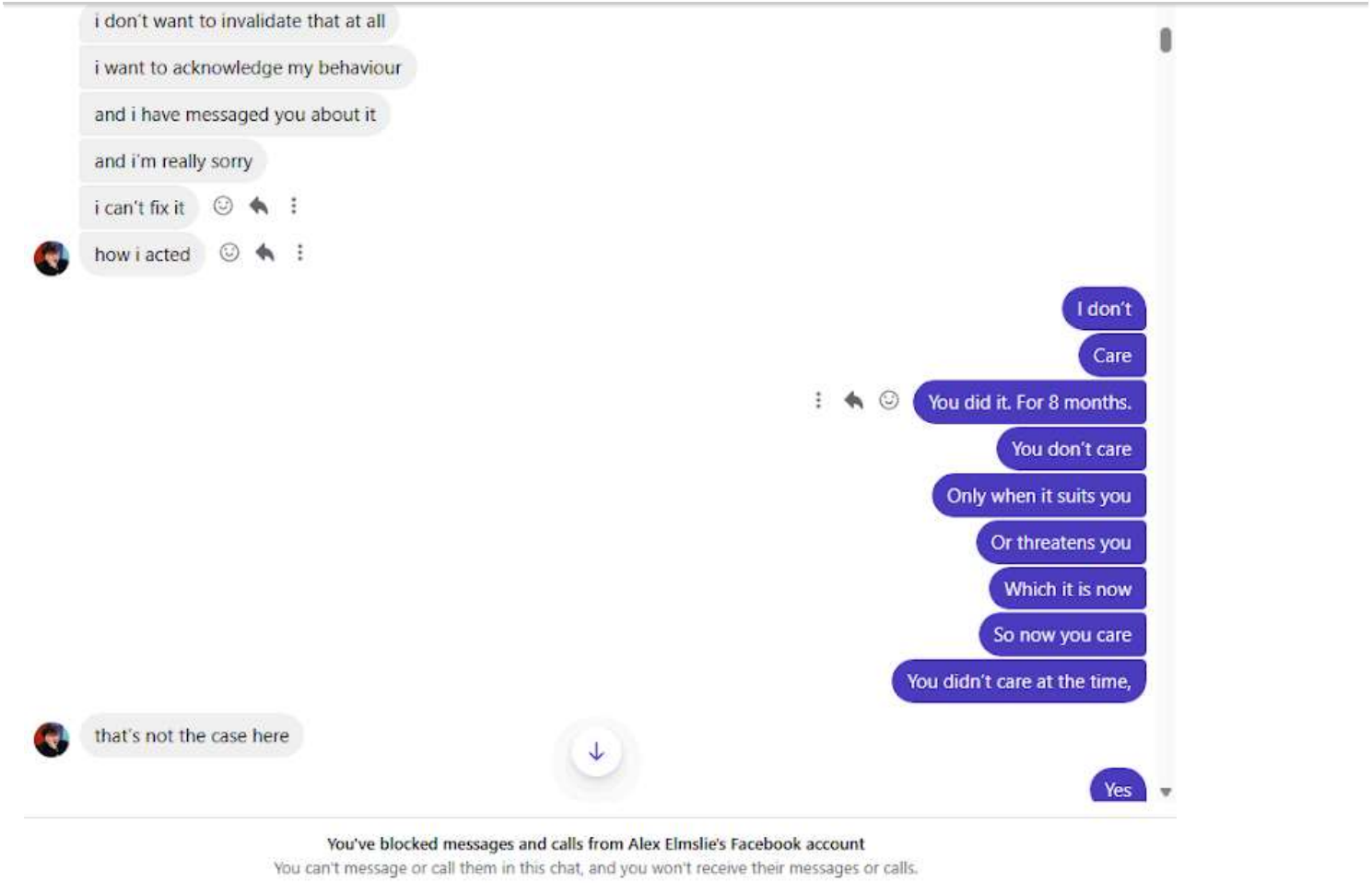
Here there's already inconsistencies in his story as he never claims i hit him regularly, never claims i donkey kick him in the head and neck, never claims the abuse he has in his video response that is all NEW.

# Response - Read First

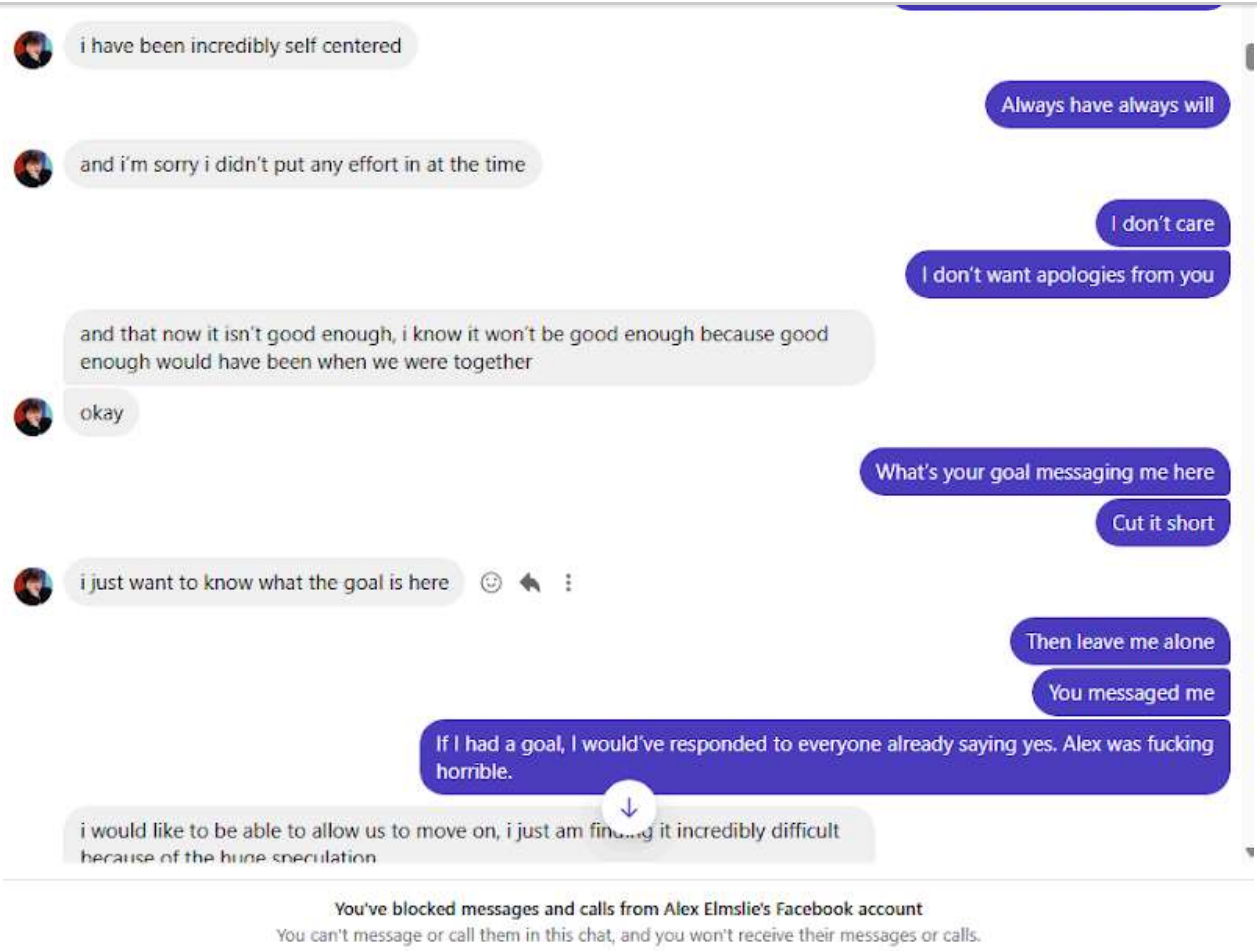

And no matter how much you convince yourself
i know you can't believe me because i broke your trust
i don't want you to feel like what happened was your fault
I want you to stop contacting I've asked you fucking loads now
It wasn't my fault
At all
It was you
You are the problem you was the problem I was stupid to stay with you
More
I got sent a message. Of what you screamed at me on a call once. People heard you. I read it and it's just disgusting how you was to me.
That's not even the start
And you wanna invalidate that and try convince yourself it was mutual
You're sick.
i don't want to invalidate that at all
i want to acknowledge my behaviour
and i have messaged you about it
and i'm really sorry
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

Going to the message where i mention people heard him, i never released this information as people know publicly who alex had and has lived with, i will never mention the name of the person as i would never want to involve other people into this but i will attach the message i received after you have seen this whole conversation.

# Response - Read First


i don't want to invalidate that at all
i want to acknowledge my behaviour
and i have messaged you about it
and i'm really sorry
i can't fix it
how i acted
I don't
Care
You did it. For 8 months.
You don't care
Only when it suits you
Or threatens you
Which it is now
So now you care
You didn't care at the time,
that's not the case here
Yes
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First


i have been incredibly self centered
Always have always will
and i'm sorry i didn't put any effort in at the time
I don't care
I don't want apologies from you
and that now it isn't good enough, i know it won't be good enough because good enough would have been when we were together
okay
What's your goal messaging me here
Cut it short
i just want to know what the goal is here
Then leave me alone
You messaged me
If I had a goal, I would've responded to everyone already saying yes. Alex was fucking horrible.
i would like to be able to allow us to move on, i just am finding it incredibly difficult because of the huge speculation
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

I don't believe anything he's telling me, as this had all been said after the fact - after the relationship ended, after he saw I was posting related content, after he thought I was going to go public. Which I'd like to mention at this point I had 0 plans on making any statement or go public, it was the messages of him telling me to keep quiet about it that influenced my decision, and the raw fact that i wanted to clear up why i had been tip toeing around on tiktok at the time. I wanted to share what he had done to me not as an act to harm him, but to speak about abuse and what he put me through.
I felt pressured to tell my side and that's my own fault, because I hinted at abusive behaviours as a way of venting and crying out for help.

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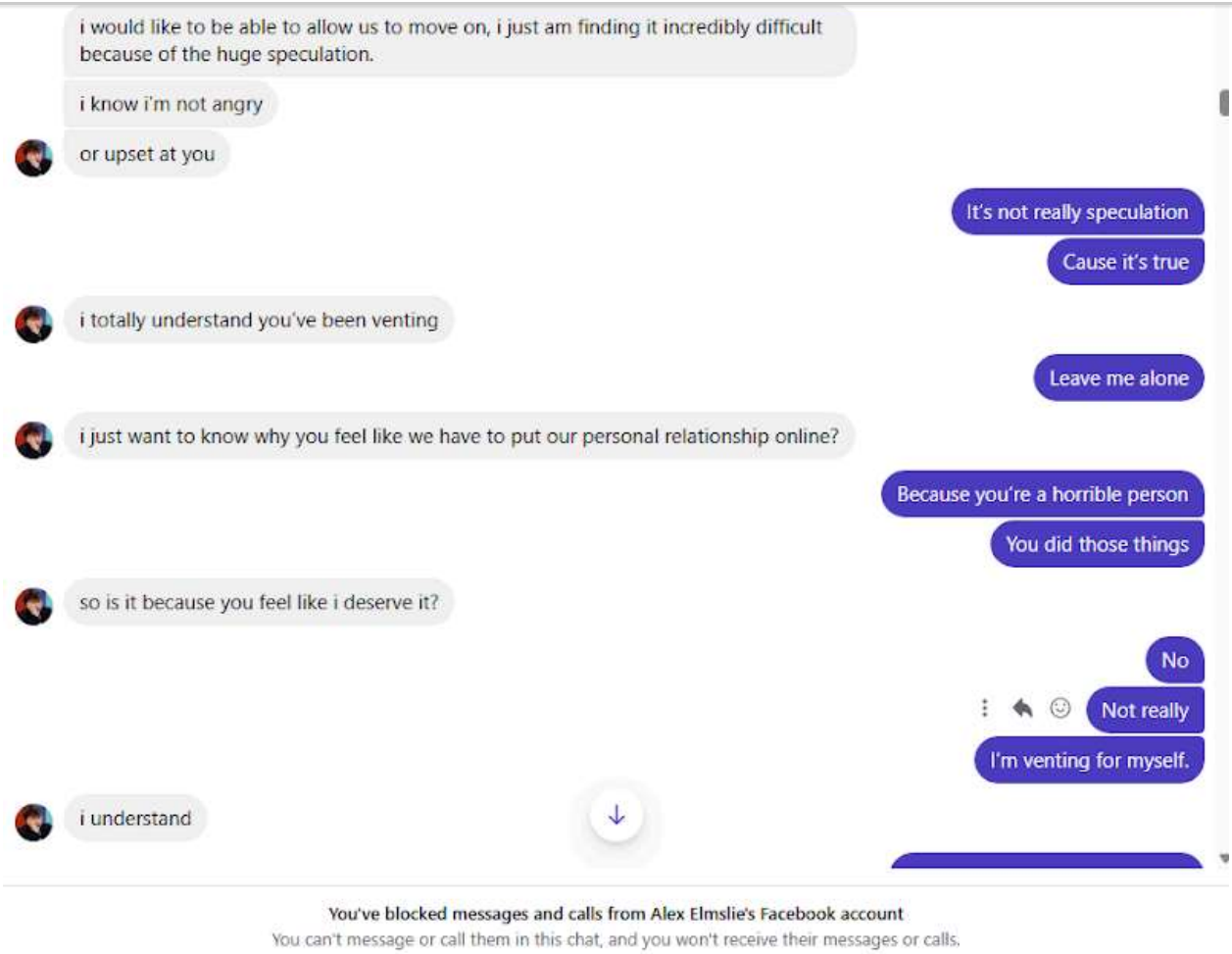
i would like to be able to allow us to move on, i just am finding it incredibly difficult because of the huge speculation.
i know i'm not angry
or upset at you
It's not really speculation
Cause it's true
i totally understand you've been venting
Leave me alone
i just want to know why you feel like we have to put our personal relationship online?
Because you're a horrible person
You did those things
so is it because you feel like i deserve it?
No
Not really
I'm venting for myself.
i understand
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

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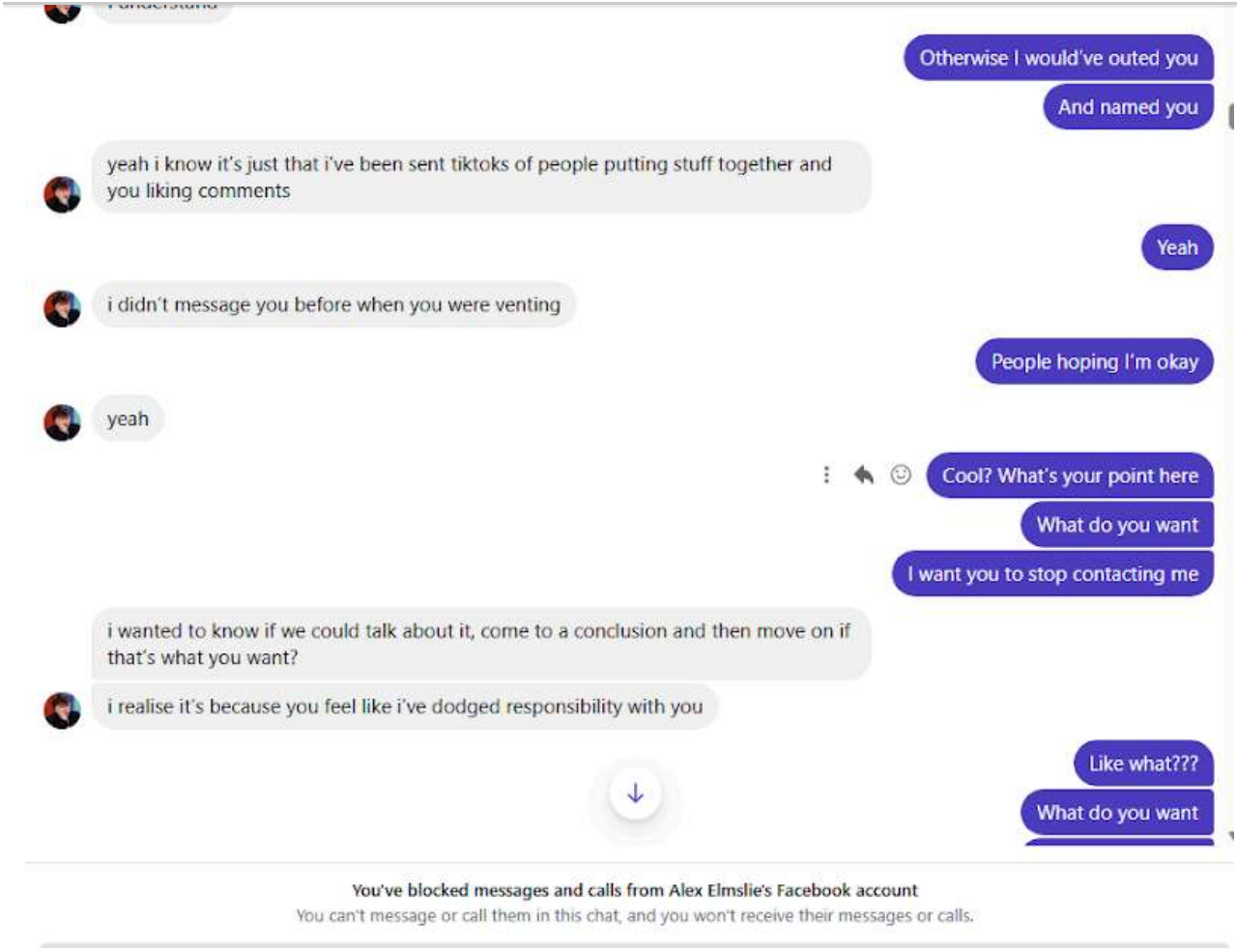
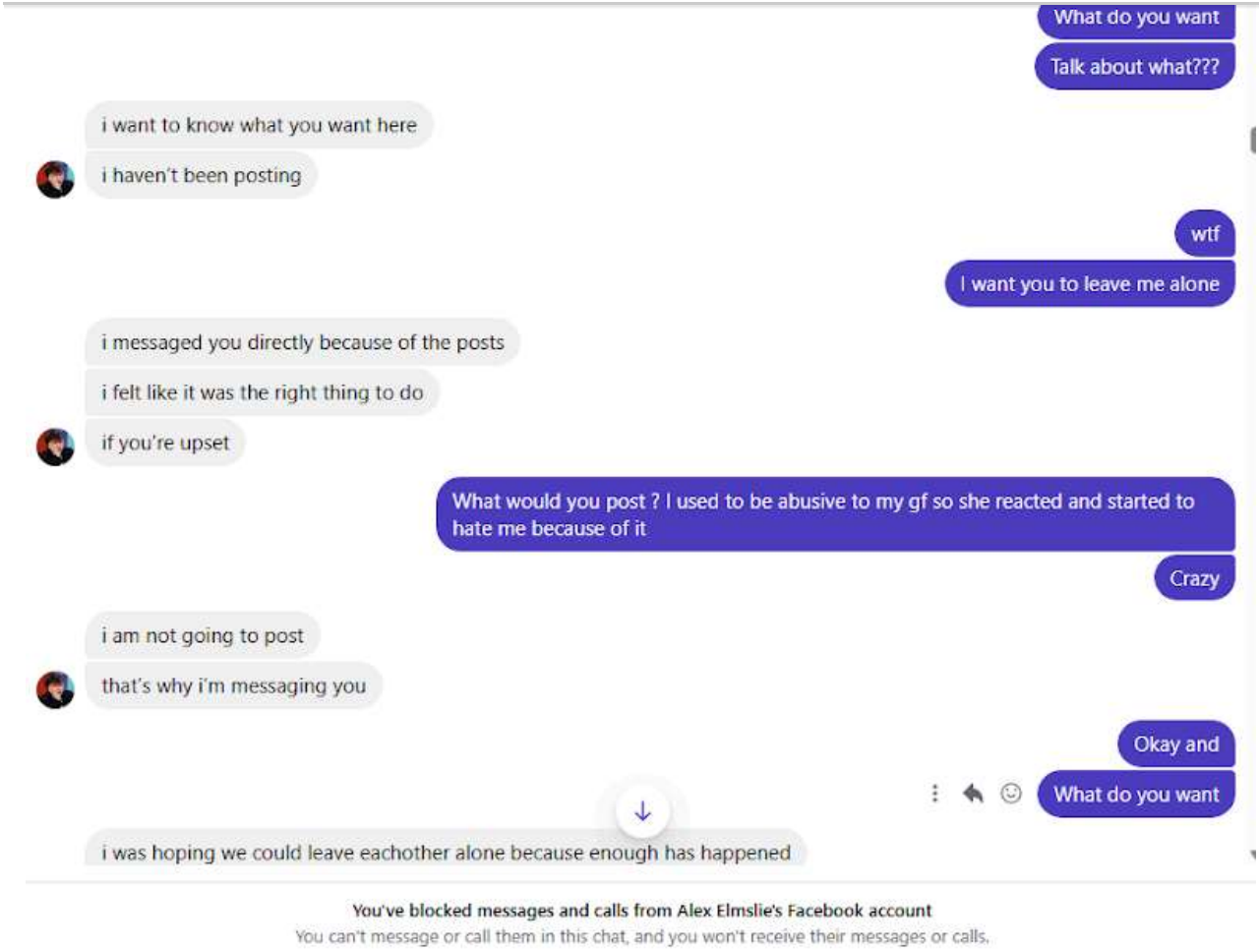
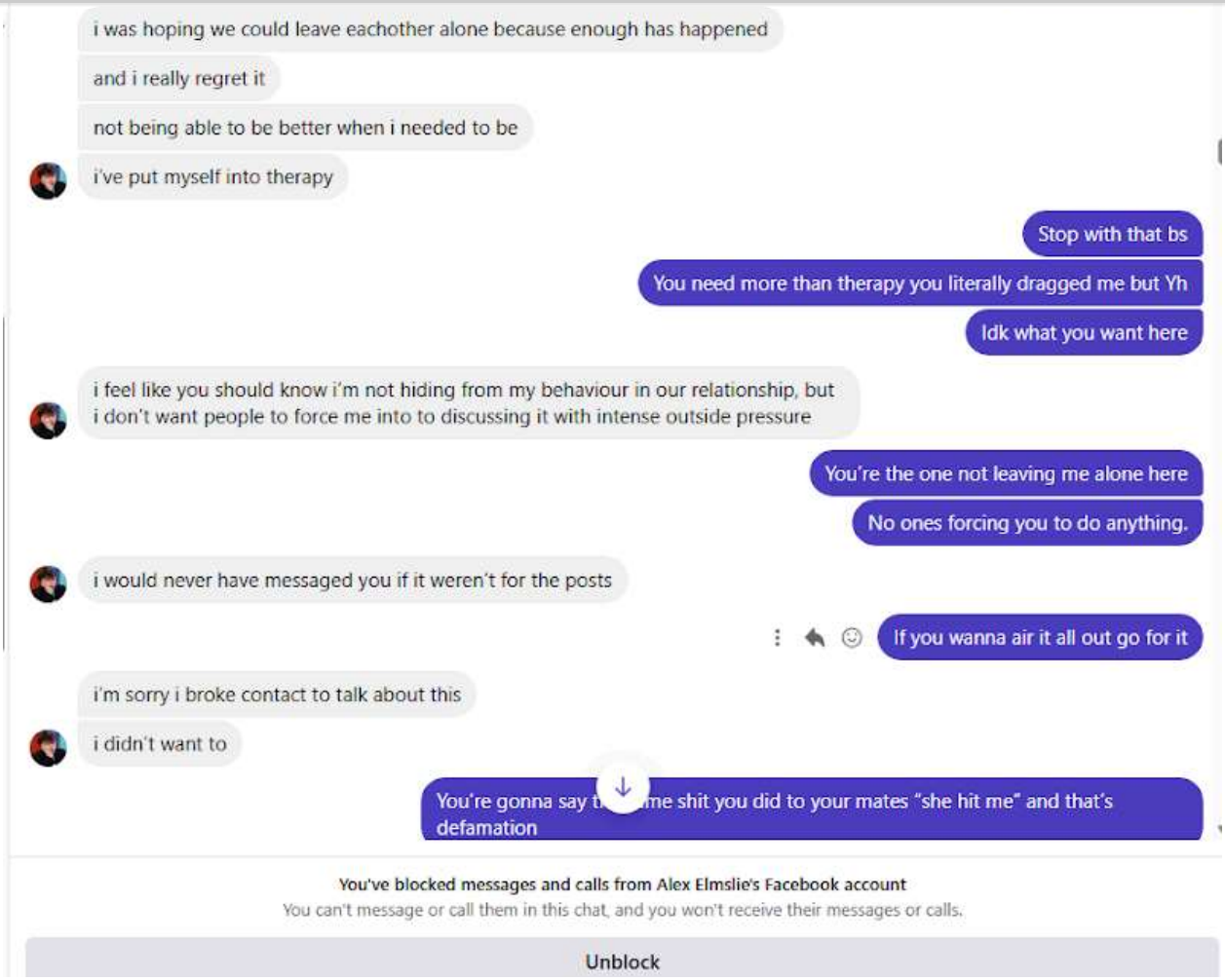

Otherwise I would've outed you
And named you
yeah i know it's just that i've been sent tiktoks of people putting stuff together and you liking comments
Yeah
i didn't message you before when you were venting
People hoping I'm okay
yeah
Cool? What's your point here
What do you want
I want you to stop contacting me
i wanted to know if we could talk about it, come to a conclusion and then move on if that's what you want?
i realise it's because you feel like i've dodged responsibility with you
Like what???
What do you want
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

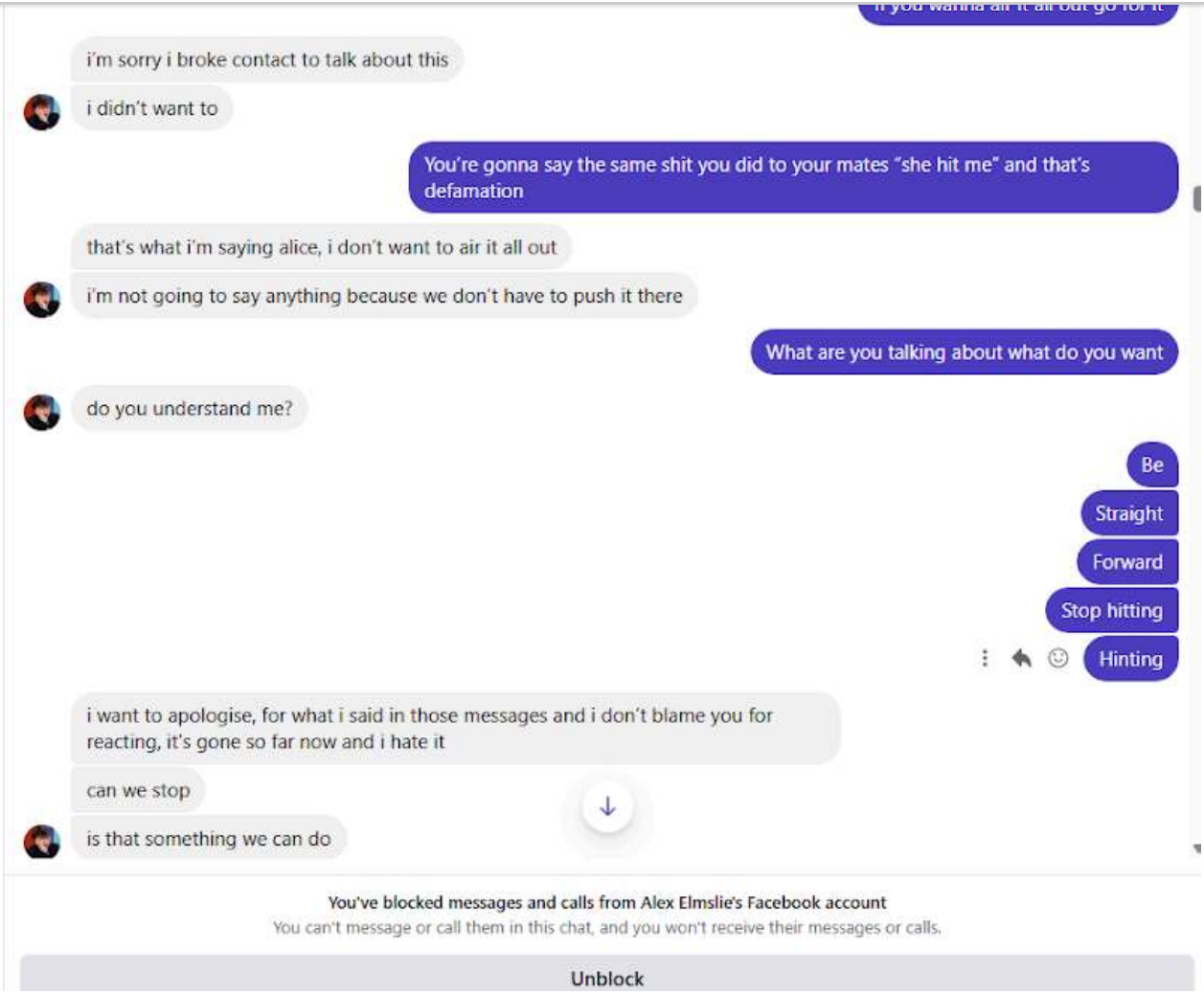
# Response - Read First


What do you want
Talk about what???
i want to know what you want here
i haven't been posting
wtf
I want you to leave me alone
i messaged you directly because of the posts
i felt like it was the right thing to do
if you're upset
What would you post ? I used to be abusive to my gf so she reacted and started to hate me because of it
Crazy
i am not going to post
that's why i'm messaging you
Okay and
What do you want
i was hoping we could leave eachother alone because enough has happened
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

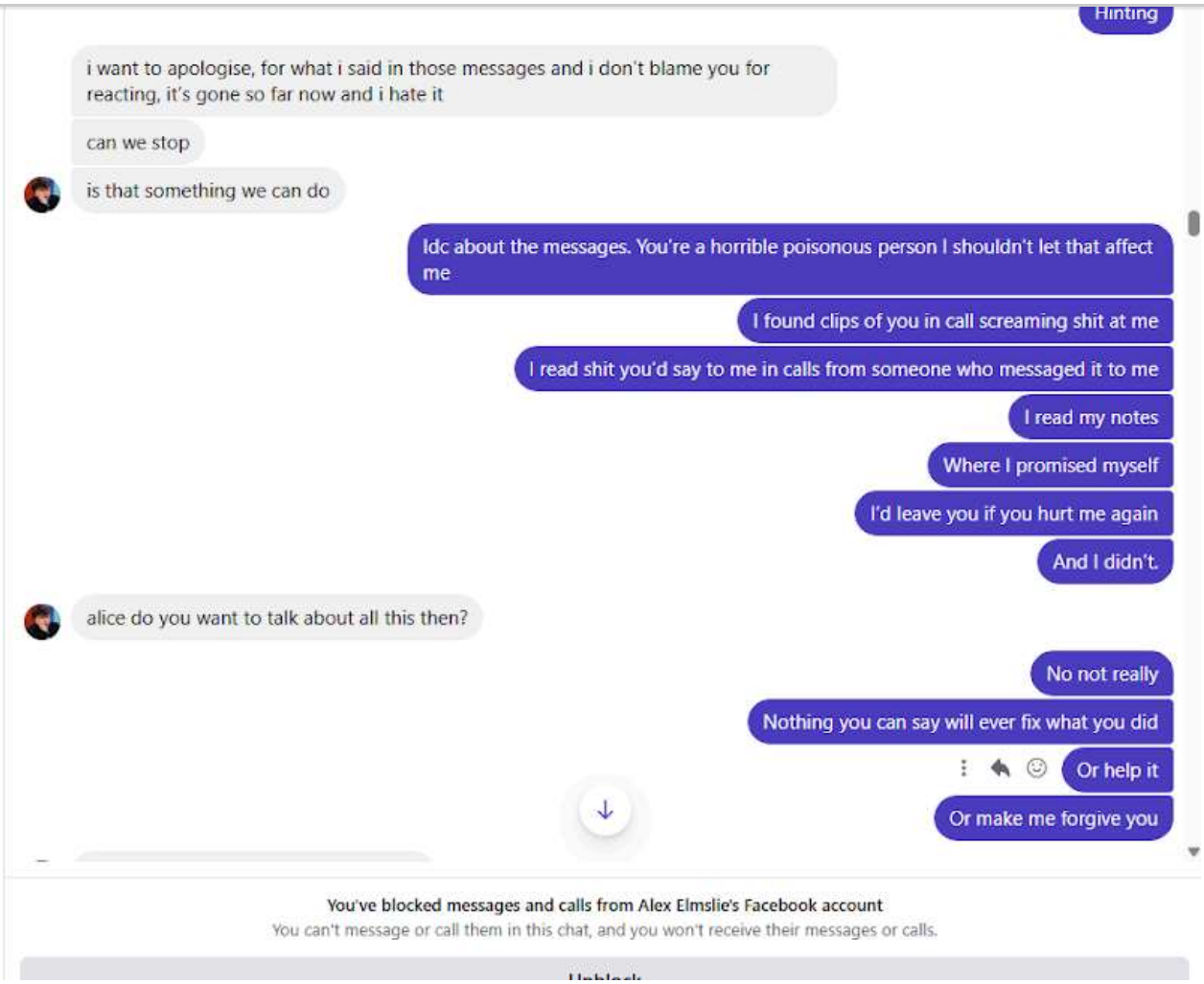
# Response - Read First


i was hoping we could leave eachother alone because enough has happened
and i really regret it
not being able to be better when i needed to be
i've put myself into therapy
Stop with that bs
You need more than therapy you literally dragged me but Yh
Idk what you want here
i feel like you should know i'm not hiding from my behaviour in our relationship, but i don't want people to force me into to discussing it with intense outside pressure
You're the one not leaving me alone here
No ones forcing you to do anything.
i would never have messaged you if it weren't for the posts
If you wanna air it all out go for it
i'm sorry i broke contact to talk about this
i didn't want to
You're gonna say t me shit you did to your mates "she hit me" and that's defamation
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.
Unblock

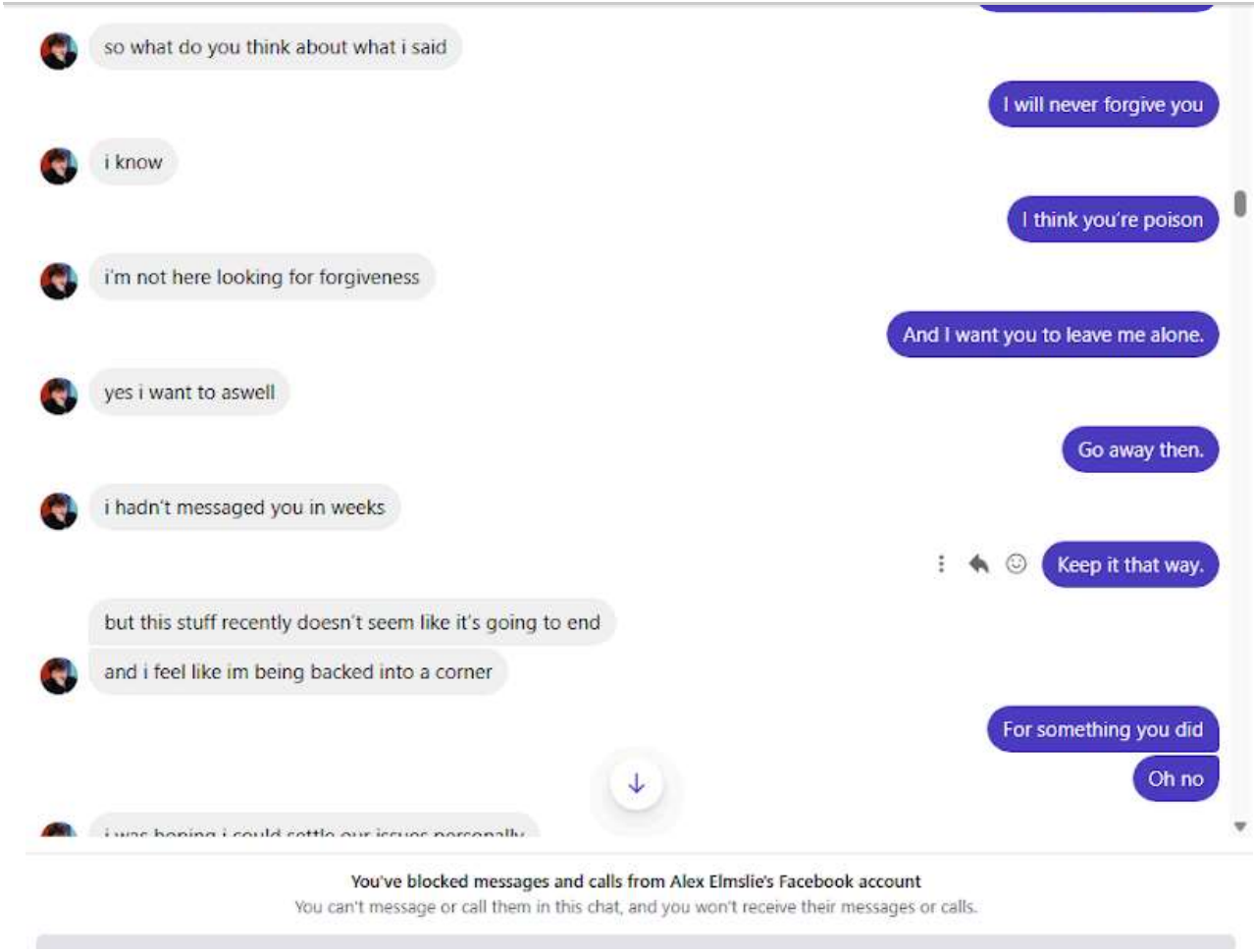
# Response - Read First


i'm sorry i broke contact to talk about this
i didn't want to
You're gonna say the same shit you did to your mates "she hit me" and that's defamation
that's what i'm saying alice, i don't want to air it all out
i'm not going to say anything because we don't have to push it there
What are you talking about what do you want
do you understand me?
Be
Straight
Forward
Stop hitting
Hinting
i want to apologise, for what i said in those messages and i don't blame you for reacting, it's gone so far now and i hate it
can we stop
is that something we can do
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.
Unblock

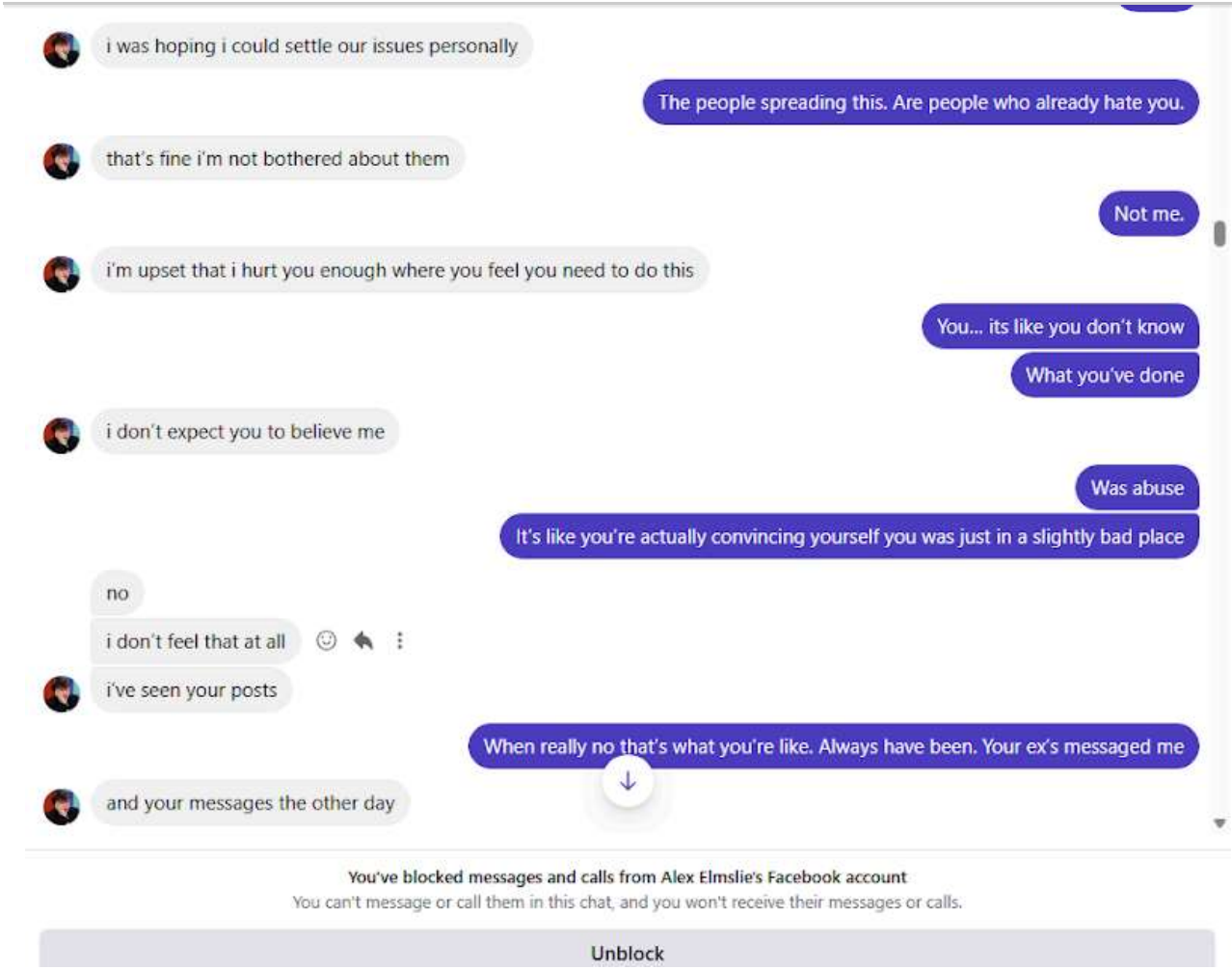
# Response - Read First


Hinting
i want to apologise, for what i said in those messages and i don't blame you for reacting, it's gone so far now and i hate it
can we stop
is that something we can do
Idc about the messages. You're a horrible poisonous person I shouldn't let that affect me
I found clips of you in call screaming shit at me
I read shit you'd say to me in calls from someone who messaged it to me
I read my notes
Where I promised myself
I'd leave you if you hurt me again
And I didn't
alice do you want to talk about all this then?
No not really
Nothing you can say will ever fix what you did
Or help it
Or make me forgive you
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

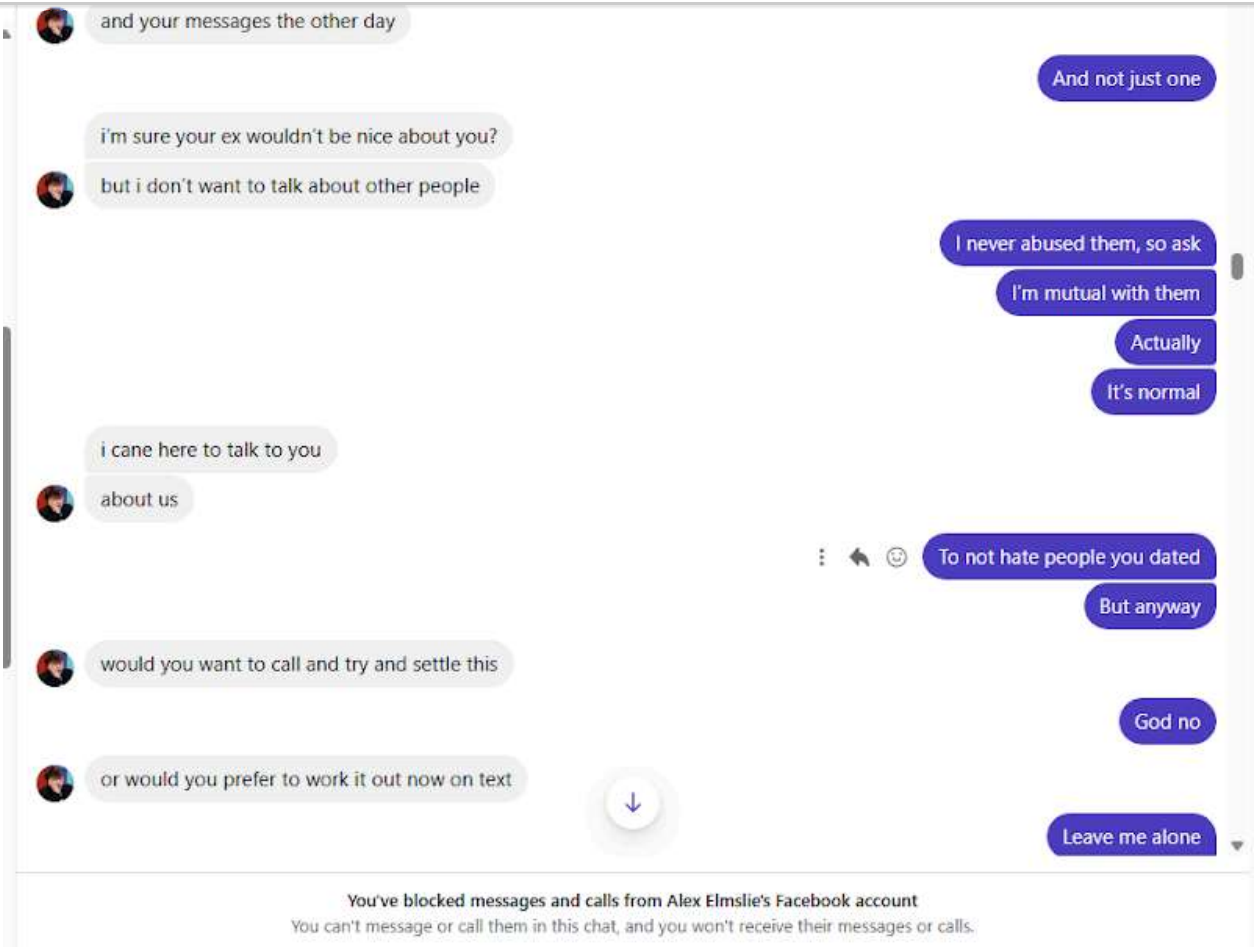
# Response - Read First


so what do you think about what i said
I will never forgive you
i know
I think you're poison
i'm not here looking for forgiveness
And I want you to leave me alone.
yes i want to aswell
Go away then.
i hadn't messaged you in weeks
Keep it that way.
but this stuff recently doesn't seem like it's going to end
and i feel like im being backed into a corner
For something you did
Oh no
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

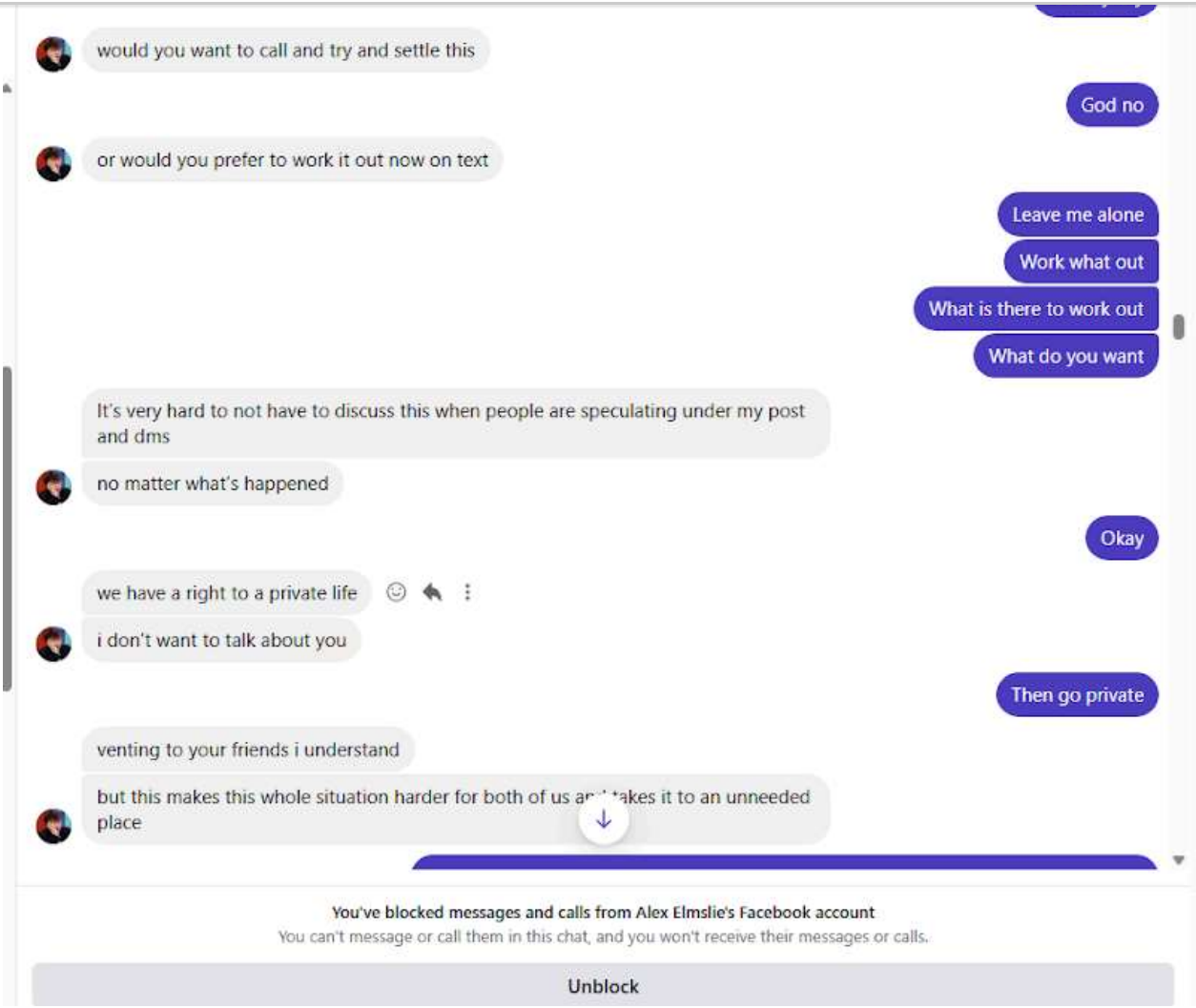
# Response - Read First


i was hoping i could settle our issues personally
The people spreading this. Are people who already hate you.
that's fine i'm not bothered about them
Not me.
i'm upset that i hurt you enough where you feel you need to do this
You... its like you don't know
What you've done
i don't expect you to believe me
Was abuse
It's like you're actually convincing yourself you was just in a slightly bad place
no
i don't feel that at all
i've seen your posts
When really no that's what you're like. Always have been. Your ex's messaged me
and your messages the other day
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.
Unblock

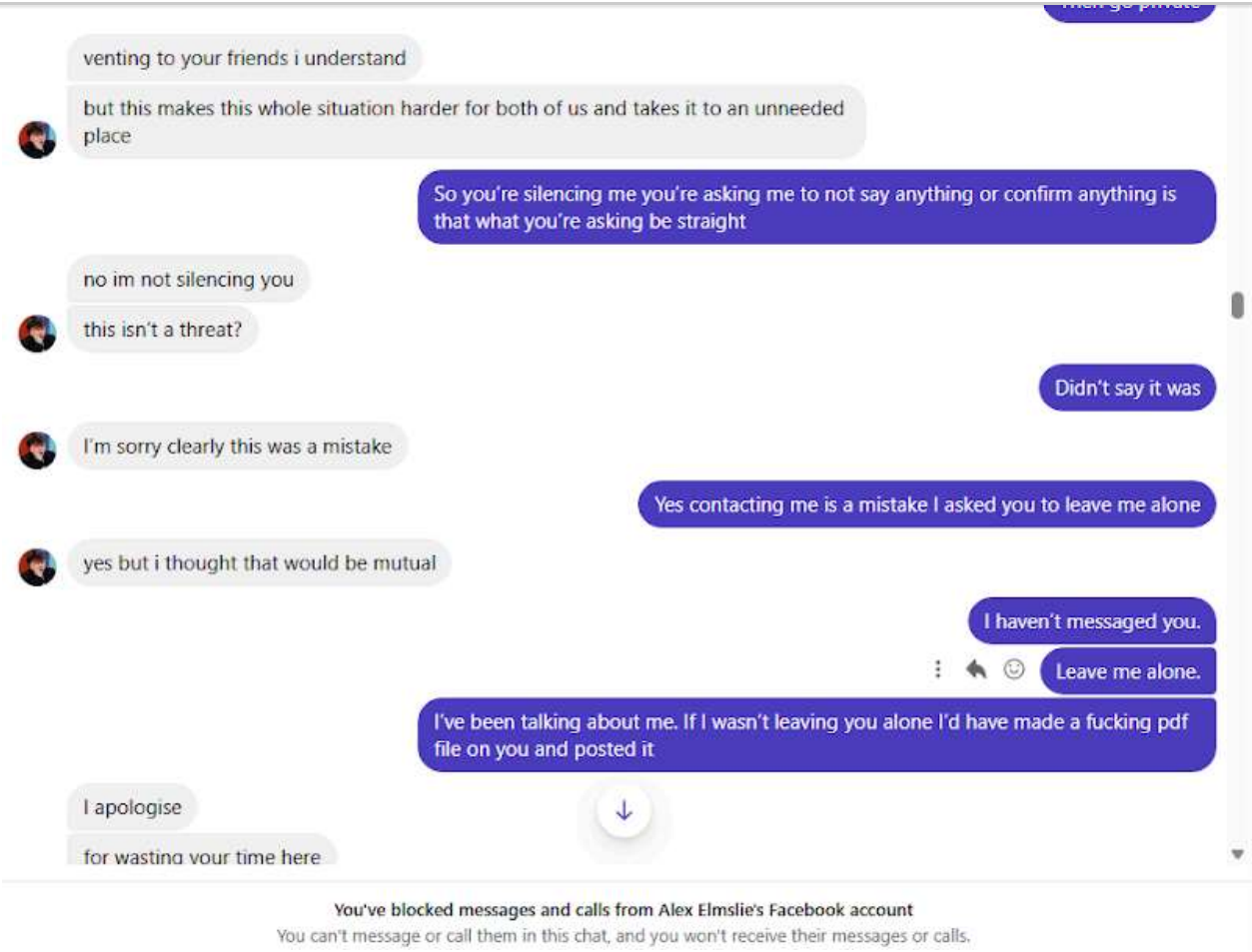
# Response - Read First


and your messages the other day
And not just one
i'm sure your ex wouldn't be nice about you?
but i don't want to talk about other people
I never abused them, so ask
I'm mutual with them
Actually
It's normal
i cane here to talk to you
about us
To not hate people you dated
But anyway
would you want to call and try and settle this
God no
or would you prefer to work it out now on text
Leave me alone
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First

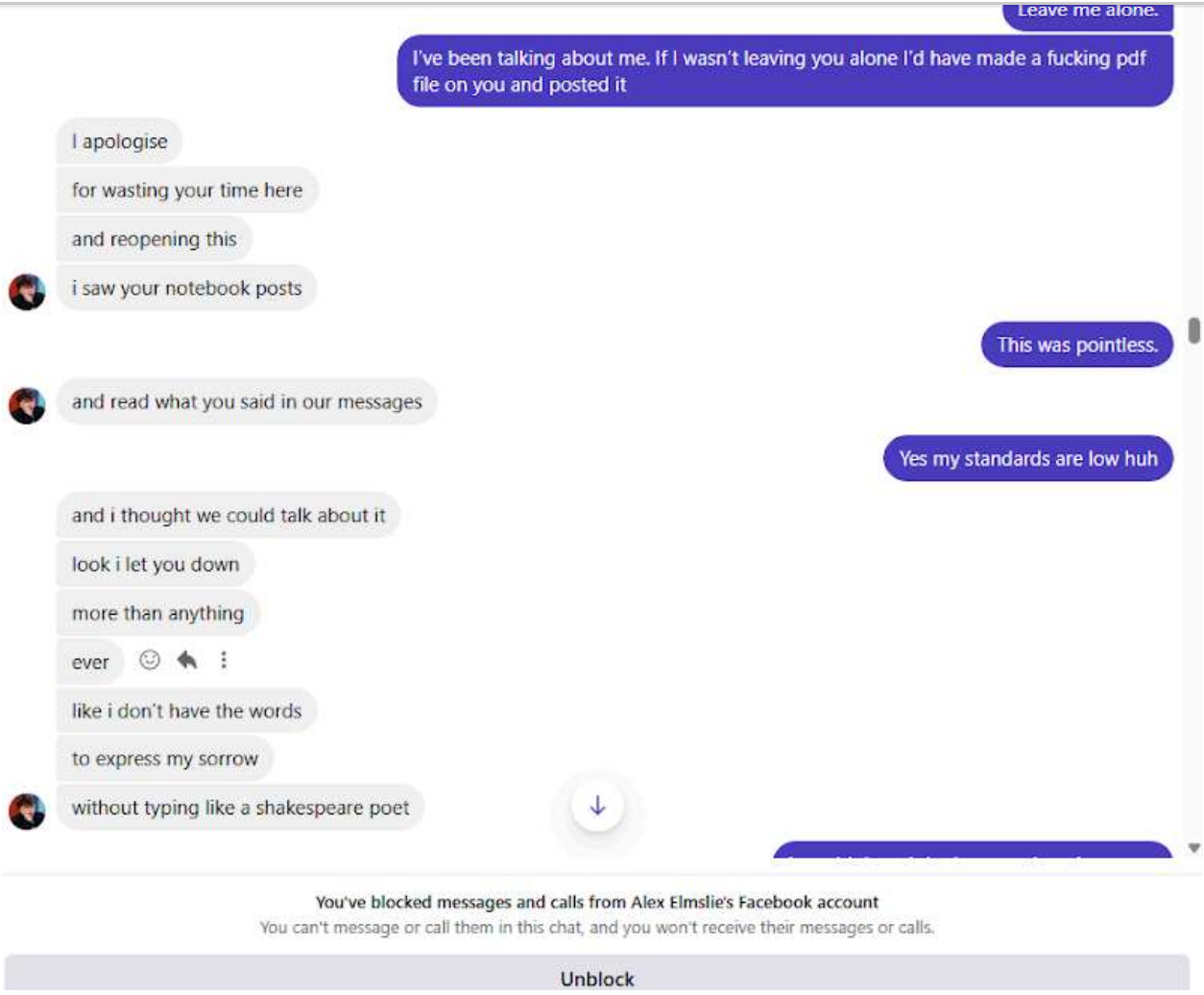

would you want to call and try and settle this
God no
or would you prefer to work it out now on text
Leave me alone
Work what out
What is there to work out
What do you want
It's very hard to not have to discuss this when people are speculating under my post and dms
no matter what's happened
Okay
we have a right to a private life
i don't want to talk about you
Then go private
venting to your friends i understand
but this makes this whole situation harder for both of us and takes it to an unneeded place
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.
Unblock

# Response - Read First


venting to your friends i understand
but this makes this whole situation harder for both of us and takes it to an unneeded place
So you're silencing me you're asking me to not say anything or confirm anything is that what you're asking be straight
no im not silencing you
this isn't a threat?
Didn't say it was
I'm sorry clearly this was a mistake
Yes contacting me is a mistake I asked you to leave me alone
yes but i thought that would be mutual
I haven't messaged you.
Leave me alone.
I've been talking about me. If I wasn't leaving you alone I'd have made a fucking pdf file on you and posted it
I apologise
for wasting your time here
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

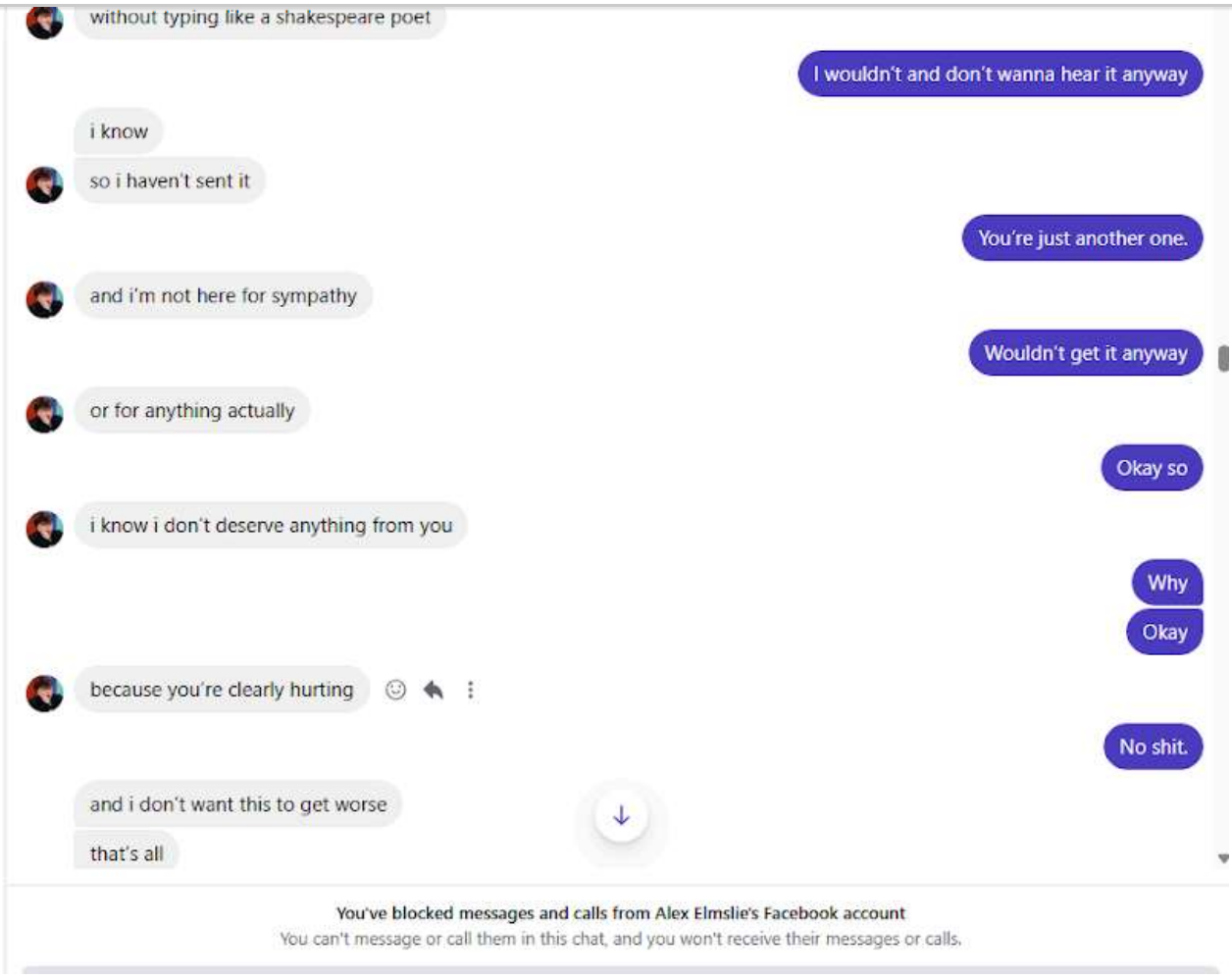
Claims I was planning on exposing him for a while, I wasn't. I wrote the first statement in a few days, and yes i had screenshots, yes i had clips, if you were with an abusive partner you would keep these things, no i didn't put them in folders and think “yes i'll post those”. If me keeping screenshots and clips of abusive horrible behaviour of an ex is “guilty” I'm not sure how to defend myself there, a lot of people do this to cope, or to talk to friends. I felt the need to always have at least 2 people in my life in the **know** so in case anything happened to me, like he had **threatened,** someone would know what was going on**.**

# Response - Read First

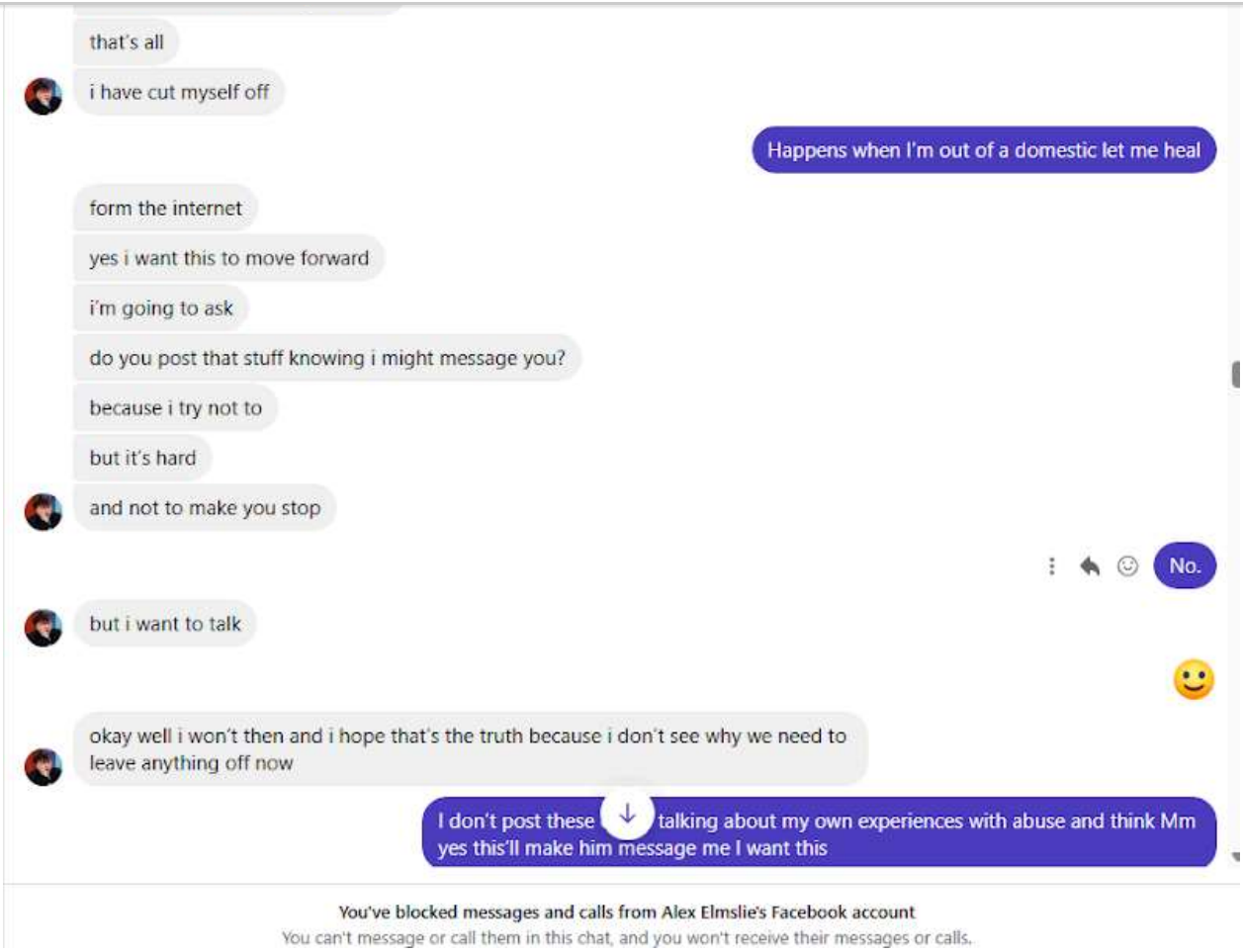

Leave me alone.
I've been talking about me. If I wasn't leaving you alone I'd have made a fucking pdf file on you and posted it
I apologise
for wasting your time here
and reopening this
i saw your notebook posts
This was pointless.
and read what you said in our messages
Yes my standards are low huh
and i thought we could talk about it
look i let you down
more than anything
ever
like i don't have the words
to express my sorrow
without typing like a shakespeare poet
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.
Unblock

Yes i posted tiktoks about being treated like shit, i got out of this relationship and was traumatised for months on end afterwards it was a way for me to cope. After removing someone that did do all of these things to me out of my life i wanted to scream it out loud.

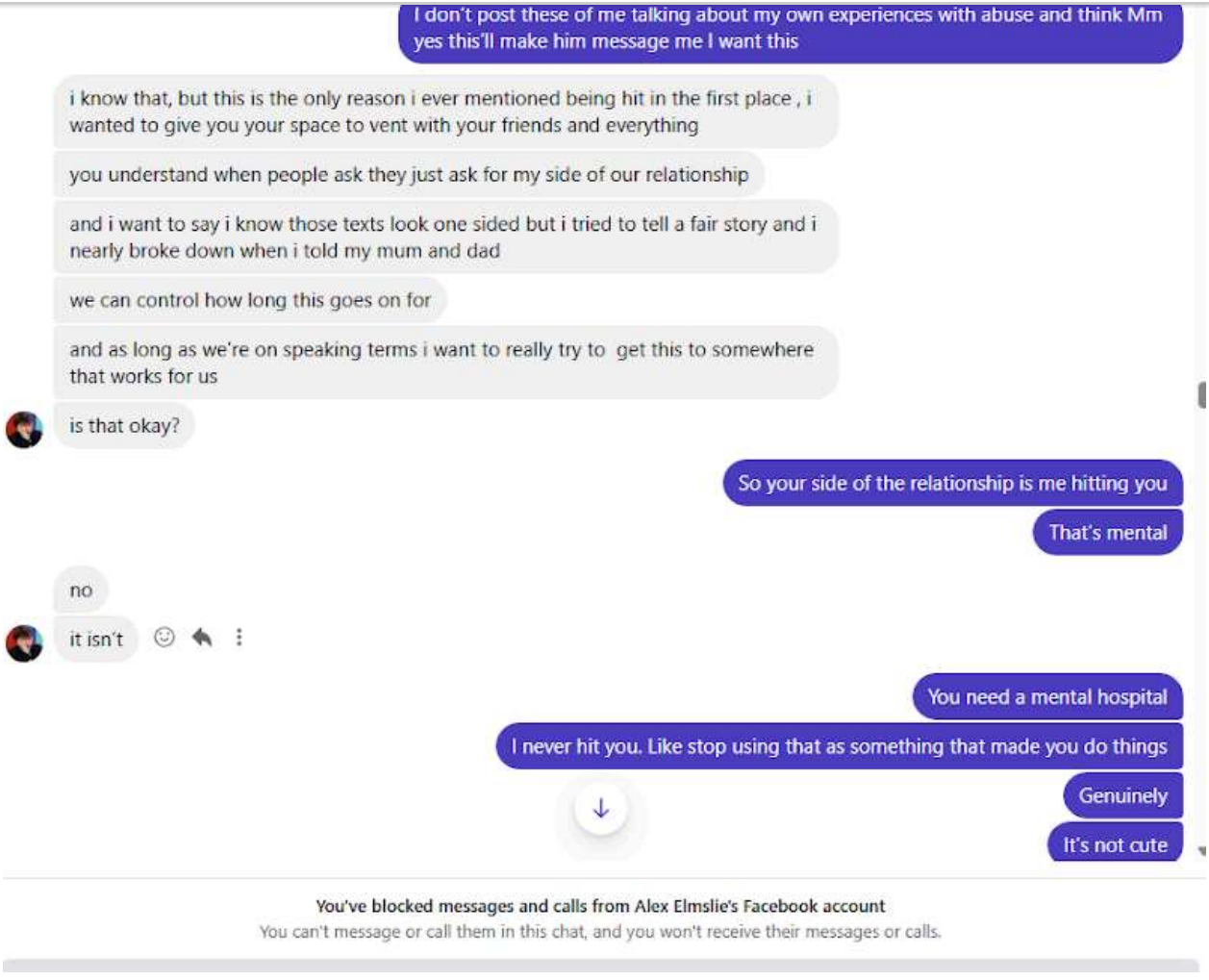
# Response - Read First


without typing like a shakespeare poet
I wouldn't and don't wanna hear it anyway
i know
so i haven't sent it
You're just another one.
and i'm not here for sympathy
Wouldn't get it anyway
or for anything actually
Okay so
i know i don't deserve anything from you
Why
Okay
because you're clearly hurting
No shit.
and i don't want this to get worse
that's all
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

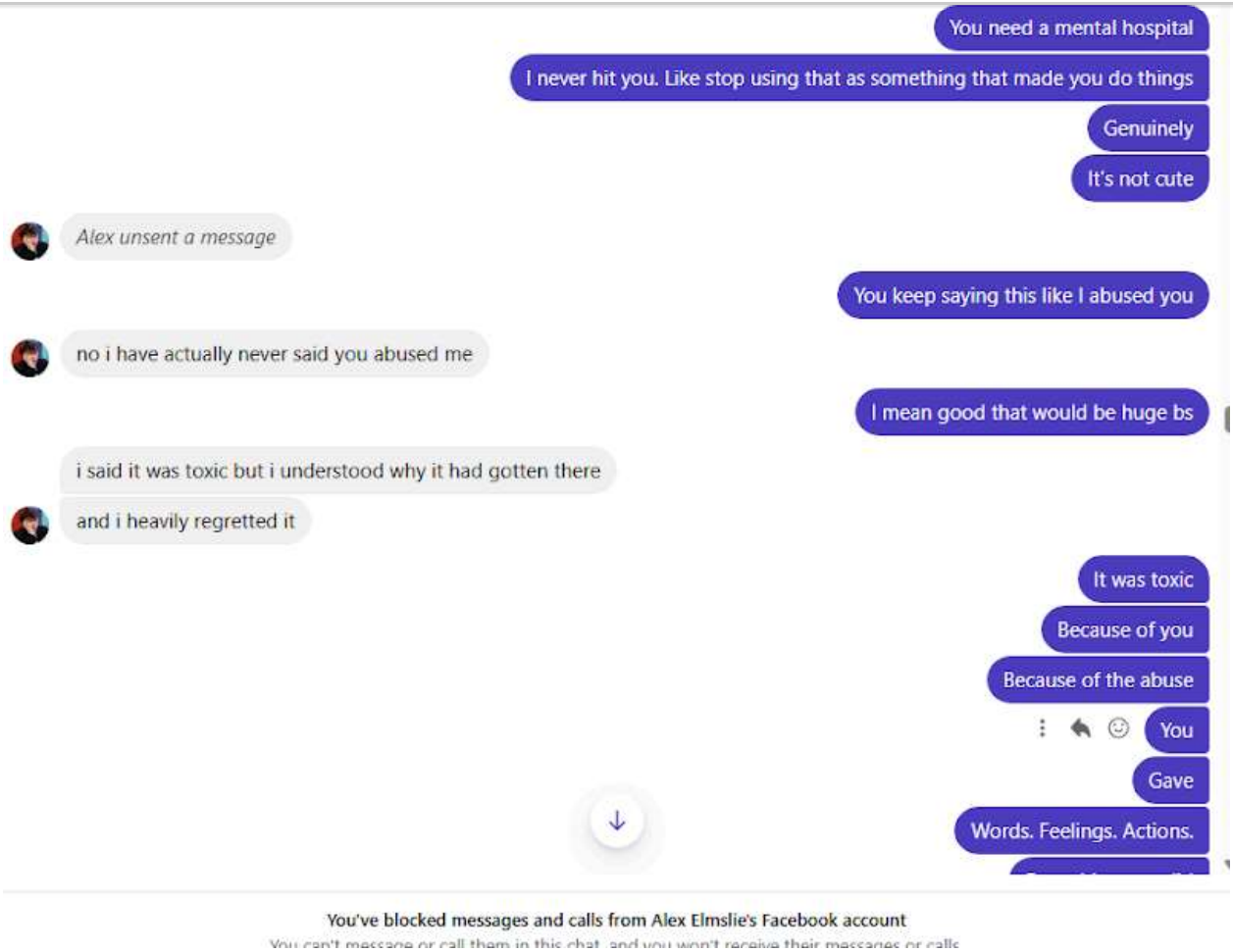
# Response - Read First


that's all
i have cut myself off
Happens when I'm out of a domestic let me heal
form the internet
yes i want this to move forward
i'm going to ask
do you post that stuff knowing i might message you?
because i try not to
but it's hard
and not to make you stop
No.
but i want to talk
okay well i won't then and i hope that's the truth because i don't see why we need to leave anything off now
I don't post these talking about my own experiences with abuse and think Mm yes this'll make him message me I want this
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First

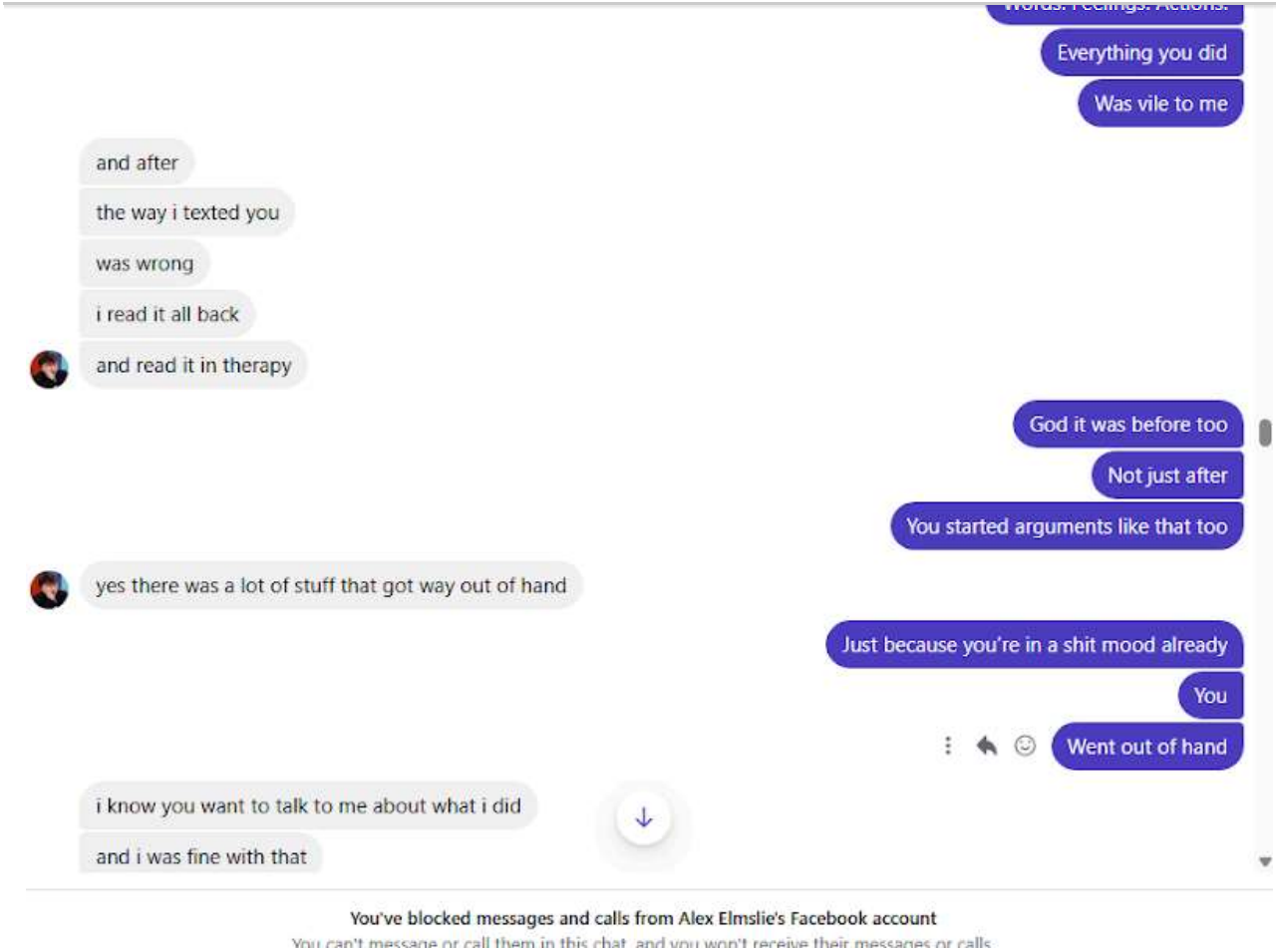

I don't post these of me talking about my own experiences with abuse and think Mm yes this'll make him message me I want this
i know that, but this is the only reason i ever mentioned being hit in the first place , i wanted to give you your space to vent with your friends and everything
you understand when people ask they just ask for my side of our relationship
and i want to say i know those texts look one sided but i tried to tell a fair story and i nearly broke down when i told my mum and dad
we can control how long this goes on for
and as long as we're on speaking terms i want to really try to get this to somewhere that works for us
is that okay?
So your side of the relationship is me hitting you
That's mental
no
it isn't
You need a mental hospital
I never hit you. Like stop using that as something that made you do things
Genuinely
It's not cute
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First

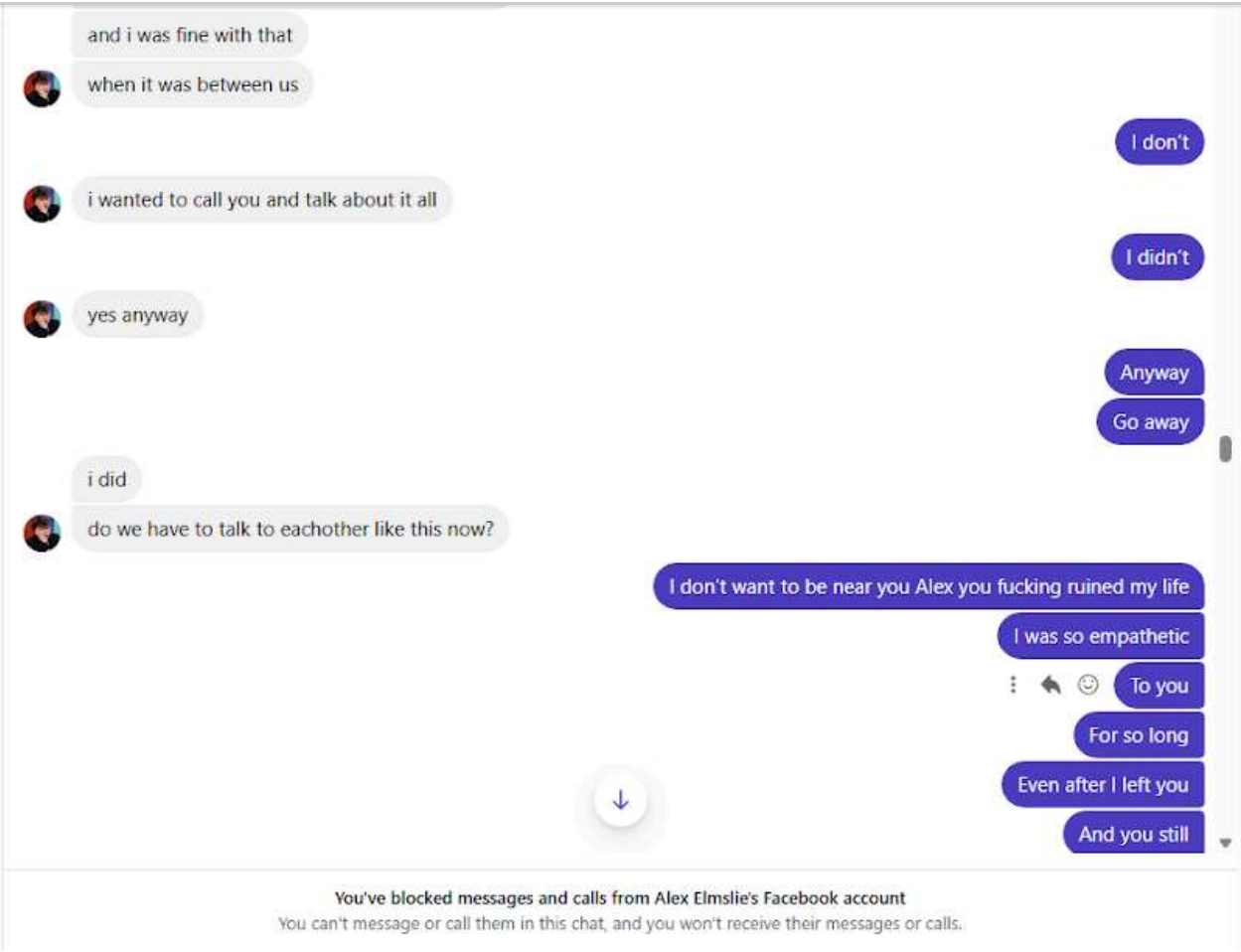

You need a mental hospital
I never hit you. Like stop using that as something that made you do things
Genuinely
It's not cute
Alex unsent a message
You keep saying this like I abused you
no i have actually never said you abused me
I mean good that would be huge bs
i said it was toxic but i understood why it had gotten there
and i heavily regretted it
It was toxic
Because of you
Because of the abuse
You
Gave
Words. Feelings. Actions.
You've blocked messages and calls from Alex Elmslie's Facebook account

Here you can again see inconsistencies in his story and his new story in the video.

# Response - Read First

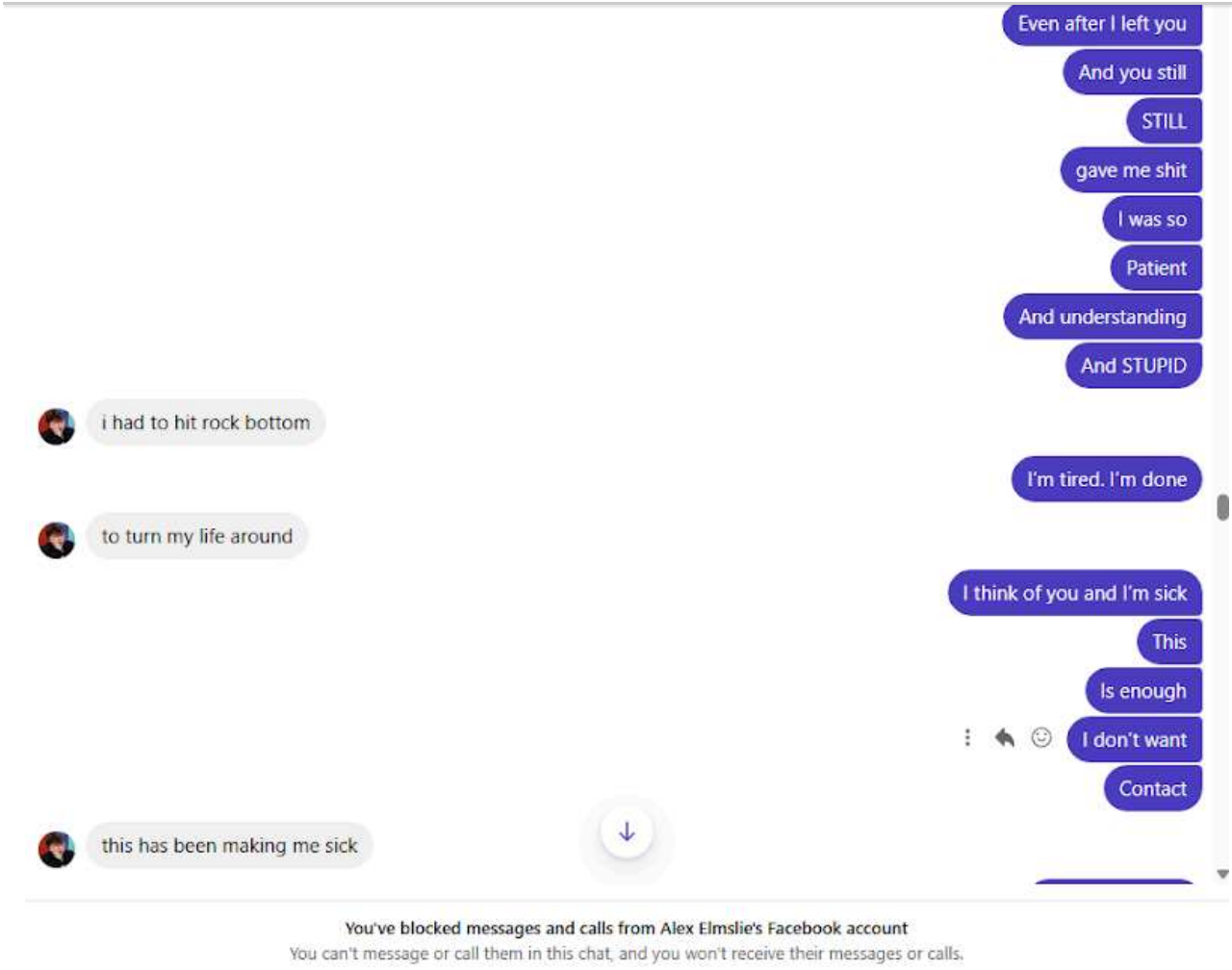

Everything you did
Was vile to me
and after
the way i texted you
was wrong
i read it all back
and read it in therapy
God it was before too
Not just after
You started arguments like that too
yes there was a lot of stuff that got way out of hand
Just because you're in a shit mood already
You
Went out of hand
i know you want to talk to me about what i did
and i was fine with that
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls

# Response - Read First

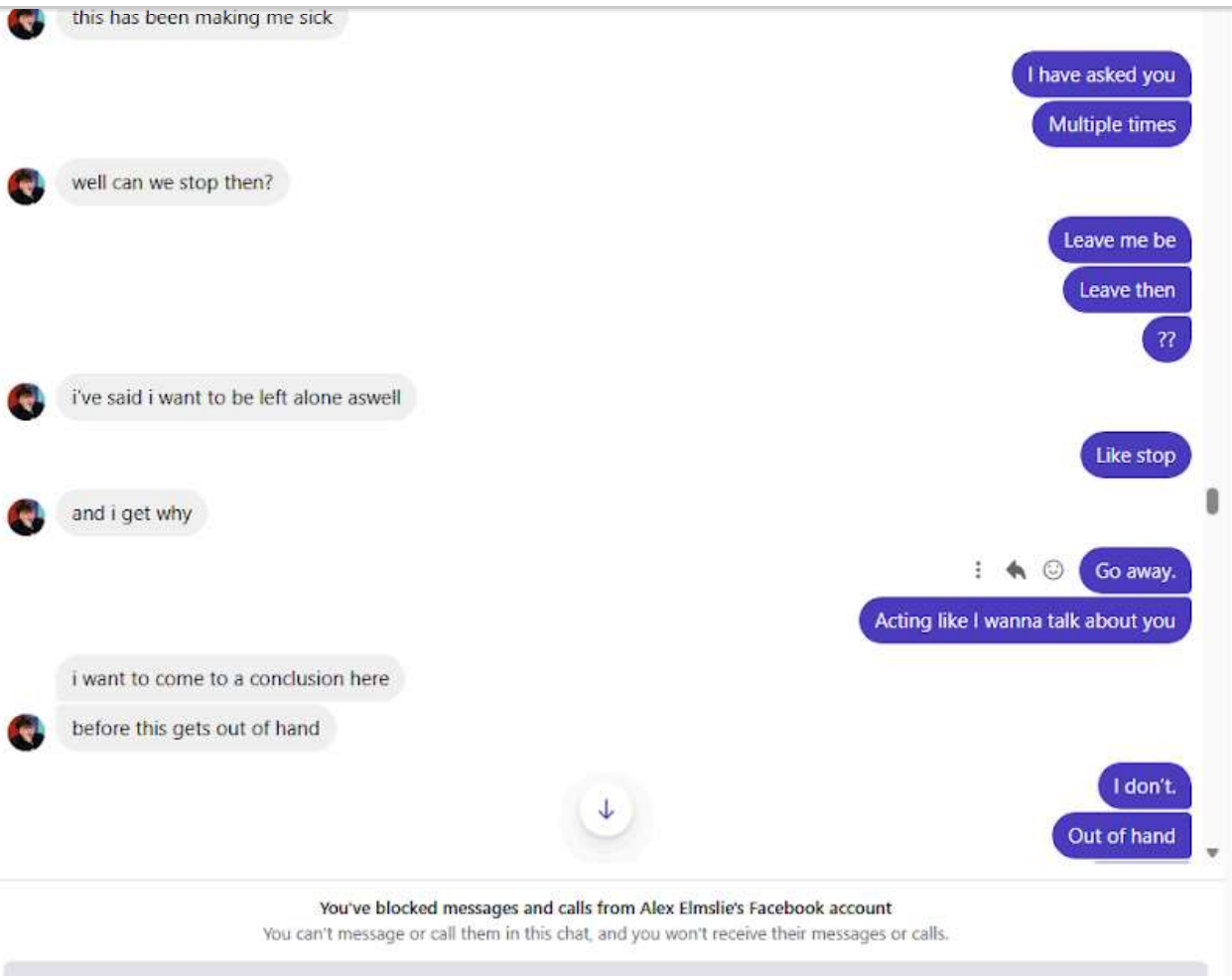

and i was fine with that
when it was between us
I don't
i wanted to call you and talk about it all
I didn't
yes anyway
Anyway
Go away
i did
do we have to talk to eachother like this now?
I don't want to be near you Alex you fucking ruined my life
I was so empathetic
To you
For so long
Even after I left you
And you still
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

When I say I was empathetic towards him, it's because after almost all major arguments, he would sit and tell me it's because of outside noise, something else going on that made him speak to me in a certain way or be shitty to me. I forgave him alot, which is why I was with him for so long because I believed him. Let it be known, that in this conversation and a few before I have ZERO empathy for Alex, I'm drained, I'm out, and I feel nothing towards him.

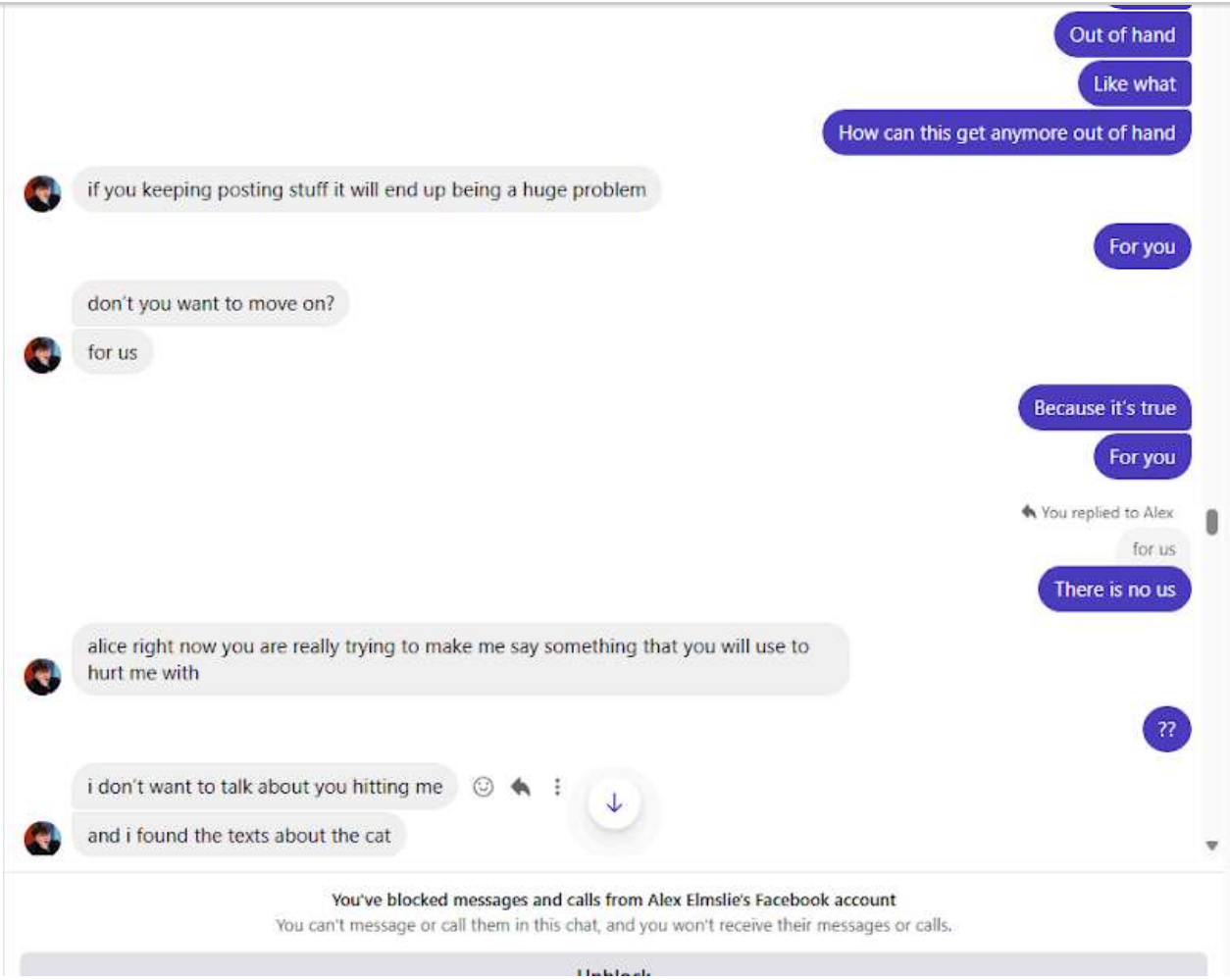
# Response - Read First


Even after I left you
And you still
STILL
gave me shit
I was so
Patient
And understanding
And STUPID
i had to hit rock bottom
I'm tired. I'm done
to turn my life around
I think of you and I'm sick
This
Is enough
I don't want
Contact
this has been making me sick
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

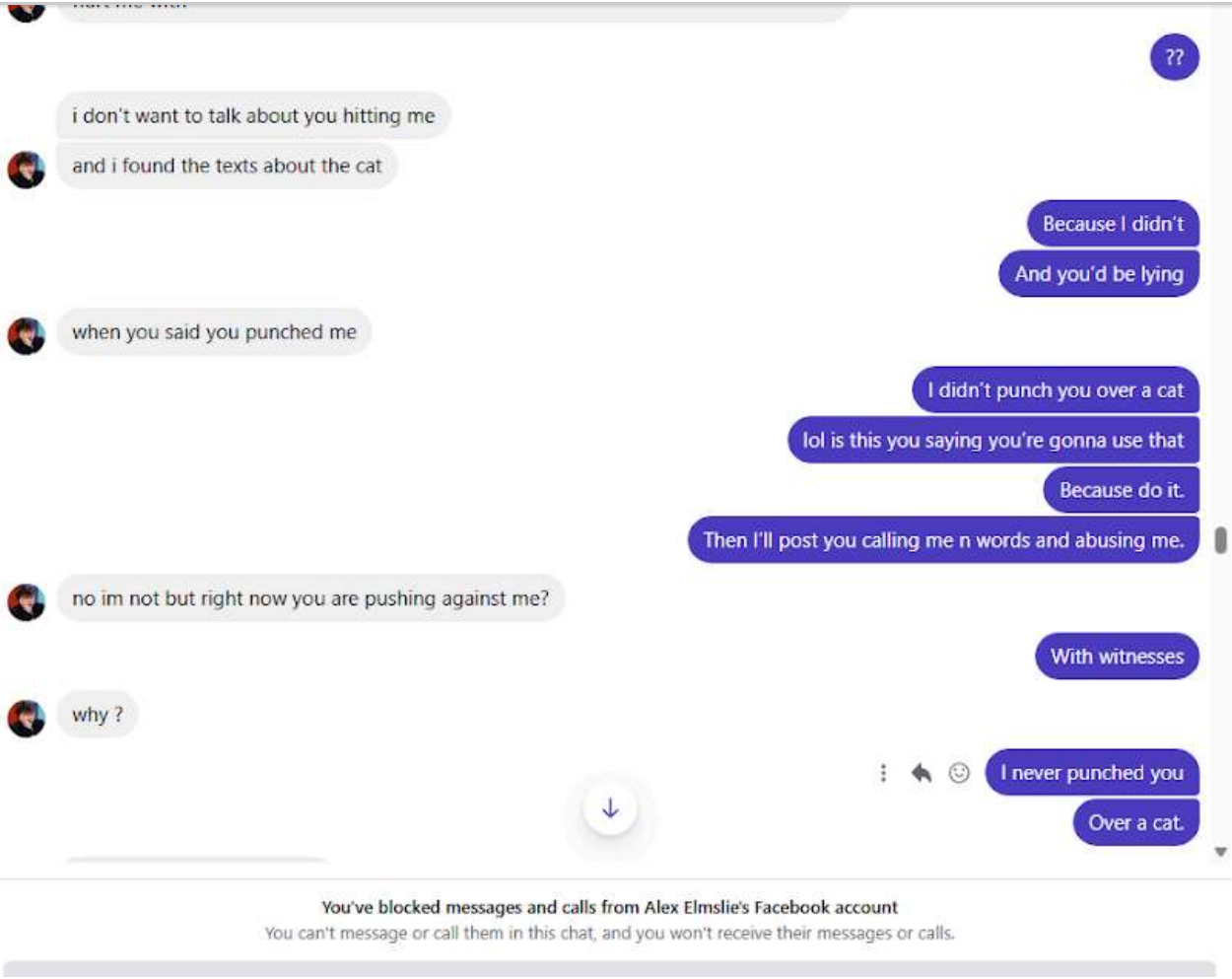
# Response - Read First


this has been making me sick
I have asked you
Multiple times
well can we stop then?
Leave me be
Leave then
??
i've said i want to be left alone aswell
Like stop
and i get why
Go away.
Acting like I wanna talk about you
i want to come to a conclusion here
before this gets out of hand
I don't.
Out of hand
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

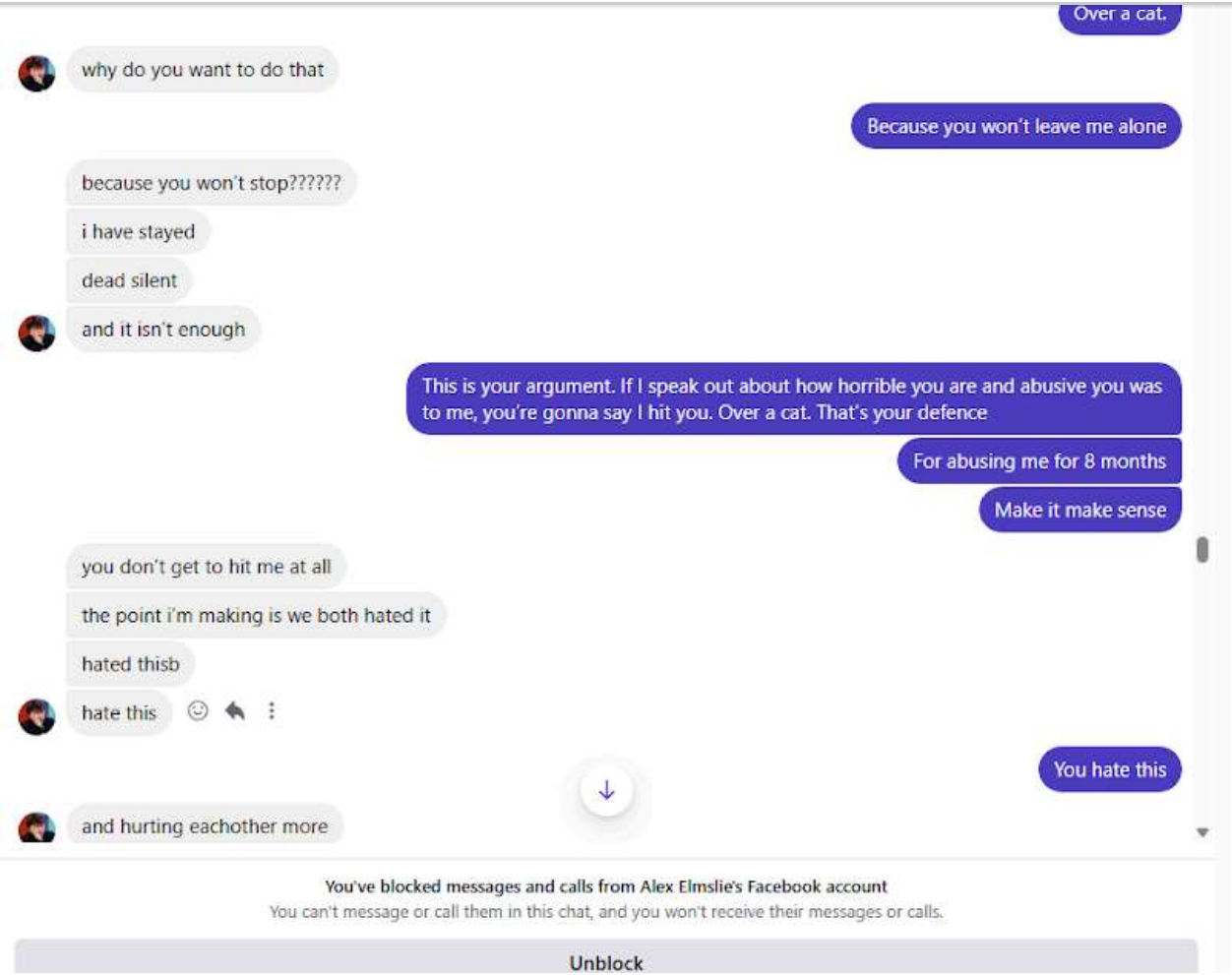
# Response - Read First


Out of hand
Like what
How can this get anymore out of hand
if you keeping posting stuff it will end up being a huge problem
For you
don't you want to move on?
for us
Because it's true
For you
You replied to Alex
for us
There is no us
alice right now you are really trying to make me say something that you will use to hurt me with
??
i don't want to talk about you hitting me
and i found the texts about the cat
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First


??
i don't want to talk about you hitting me
and i found the texts about the cat
Because I didn't
And you'd be lying
when you said you punched me
I didn't punch you over a cat
lol is this you saying you're gonna use that
Because do it.
Then I'll post you calling me n words and abusing me.
no im not but right now you are pushing against me?
With witnesses
why ?
I never punched you
Over a cat.
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First

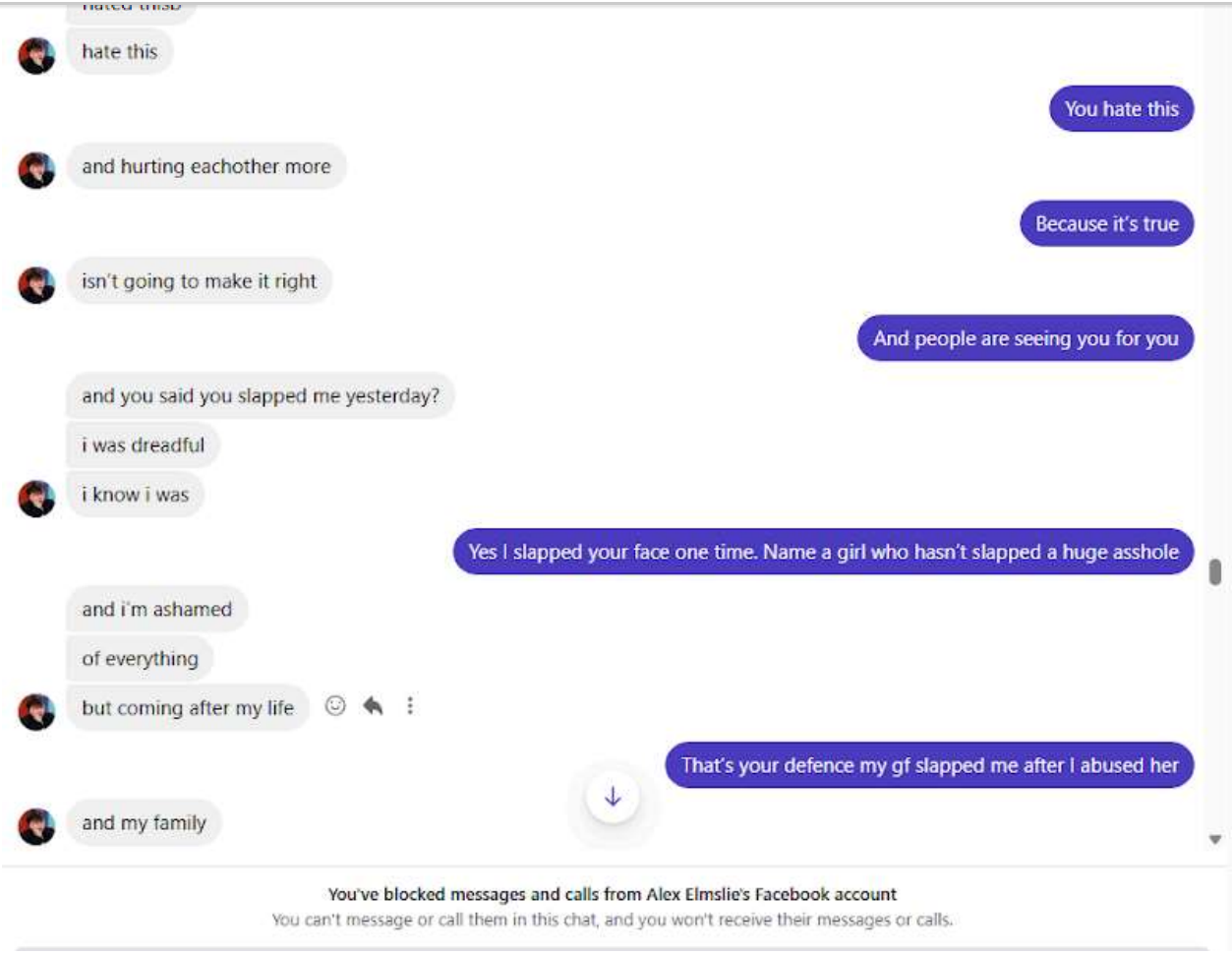

Over a cat.
why do you want to do that
Because you won't leave me alone
because you won't stop??????
i have stayed
dead silent
and it isn't enough
This is your argument. If I speak out about how horrible you are and abusive you was to me, you're gonna say I hit you. Over a cat. That's your defence
For abusing me for 8 months
Make it make sense
you don't get to hit me at all
the point i'm making is we both hated it
hated thisb
hate this
You hate this
and hurting eachother more
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.
Unblock

This is the argument where he claims i punched him over the cat, he claims there were messages, there wasn't and he lied. I pulled up the messages in the original statement saying that i had PUSHED him off of me, and i included the messages, ill attach them again here and the full messages are in my first statement. He had the cat in his arms and was saying very strange comments like he's going to take the cat away. He blew up after this, screaming and yelling telling me to move out because I pushed him off and took the cat to another room after he made that weird comment. It was first I “tried” to hit him (pushed), This has developed into a “punch” and did when he felt he needed something on me to get leeway in being shitty to me whenever i was upset with something he did.

# Response - Read First

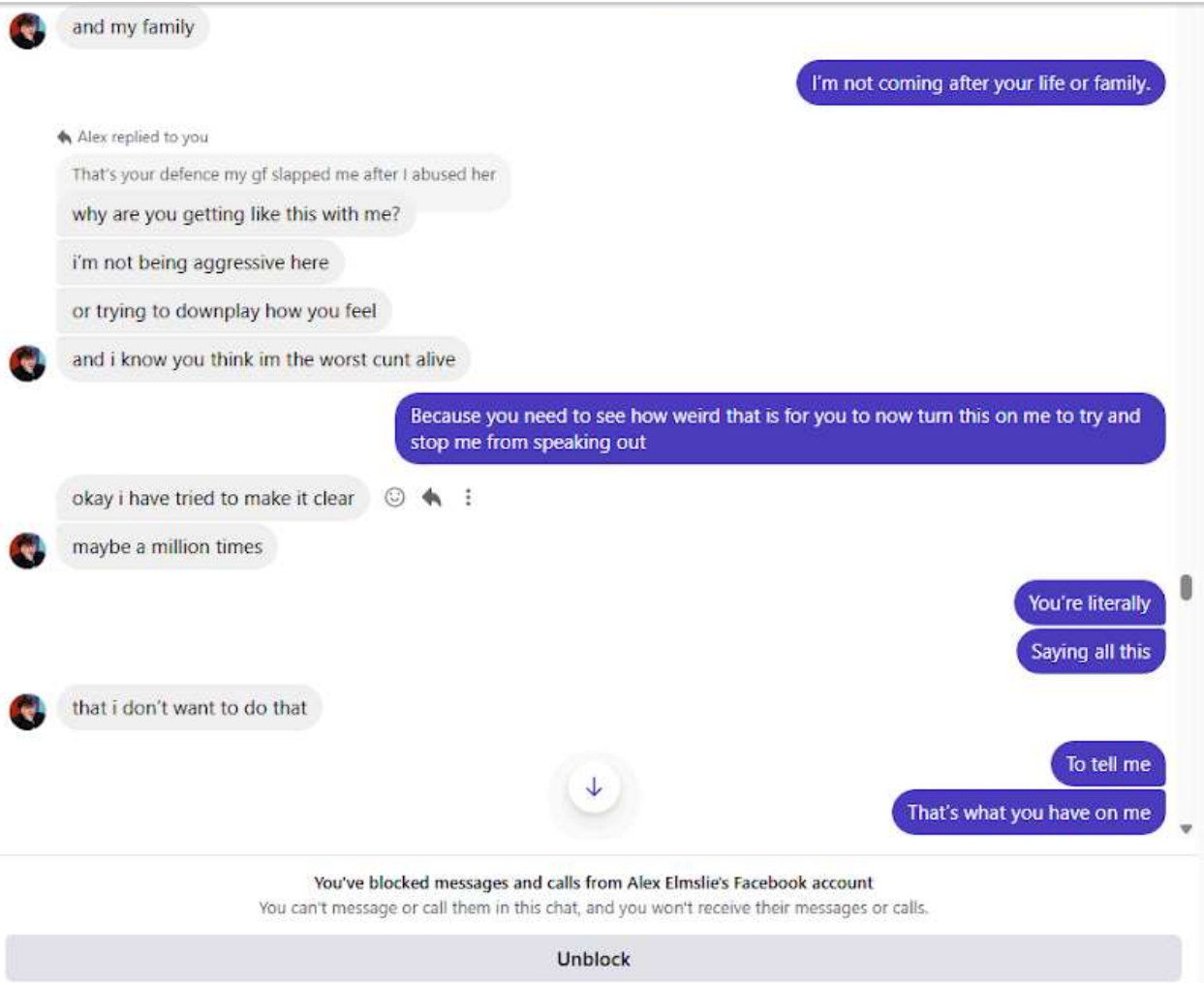
"*You fucking pushed me*"
And i go
"*OFF me*"
I wish I could show how aggressive he really was in person, these texts were always after the shitty argument and he'd gone somewhere like in his office to then text me like this, i'm always in defence.

# Response - Read First

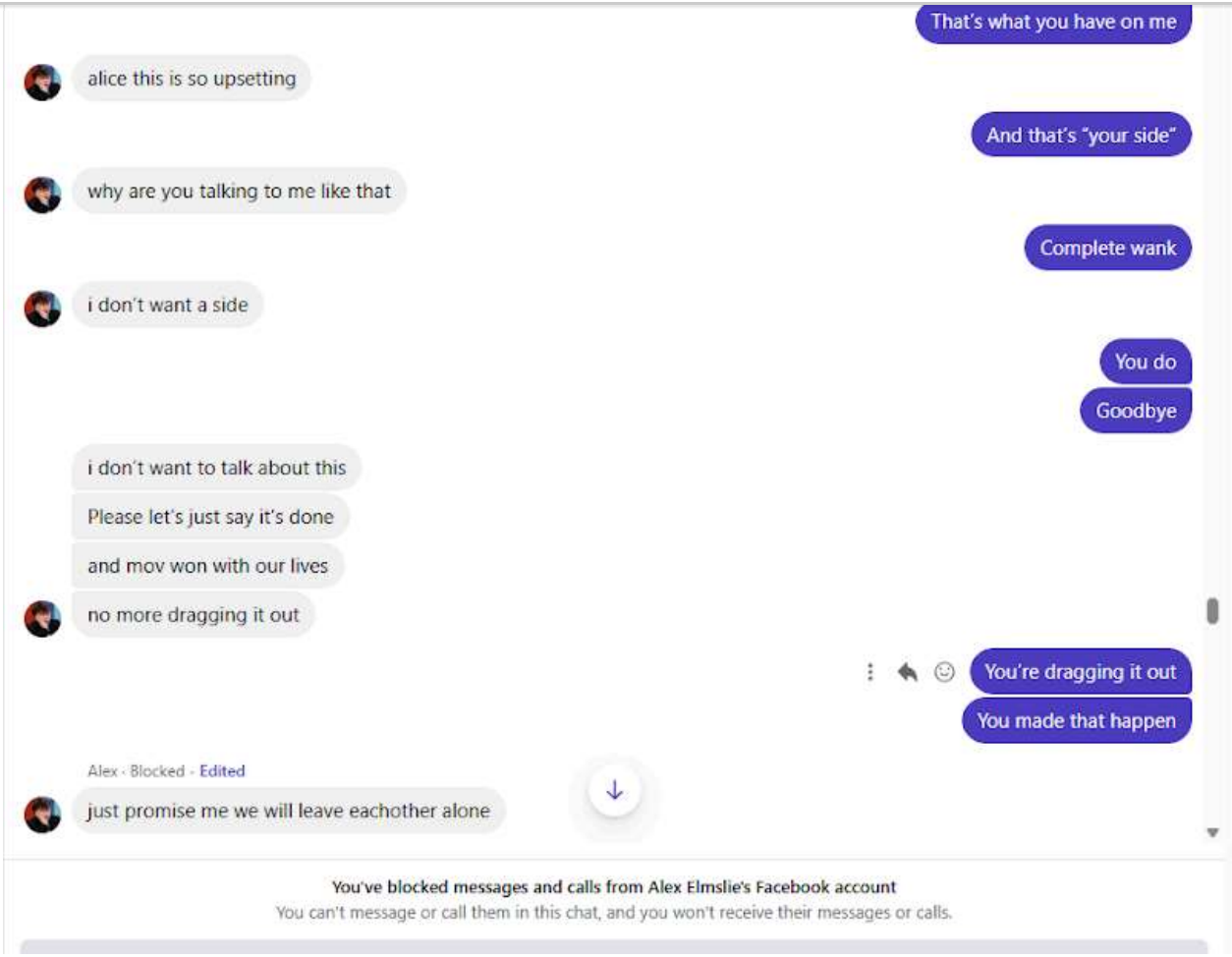

hate this
You hate this
and hurting eachother more
Because it's true
isn't going to make it right
And people are seeing you for you
and you said you slapped me yesterday?
i was dreadful
i know i was
Yes I slapped your face one time. Name a girl who hasn't slapped a huge asshole
and i'm ashamed
of everything
but coming after my life
That's your defence my gf slapped me after I abused her
and my family
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

Not once does he claim his **new** story of “she hit me regularly” “she slapped me all the time” this is because it didn't happen.

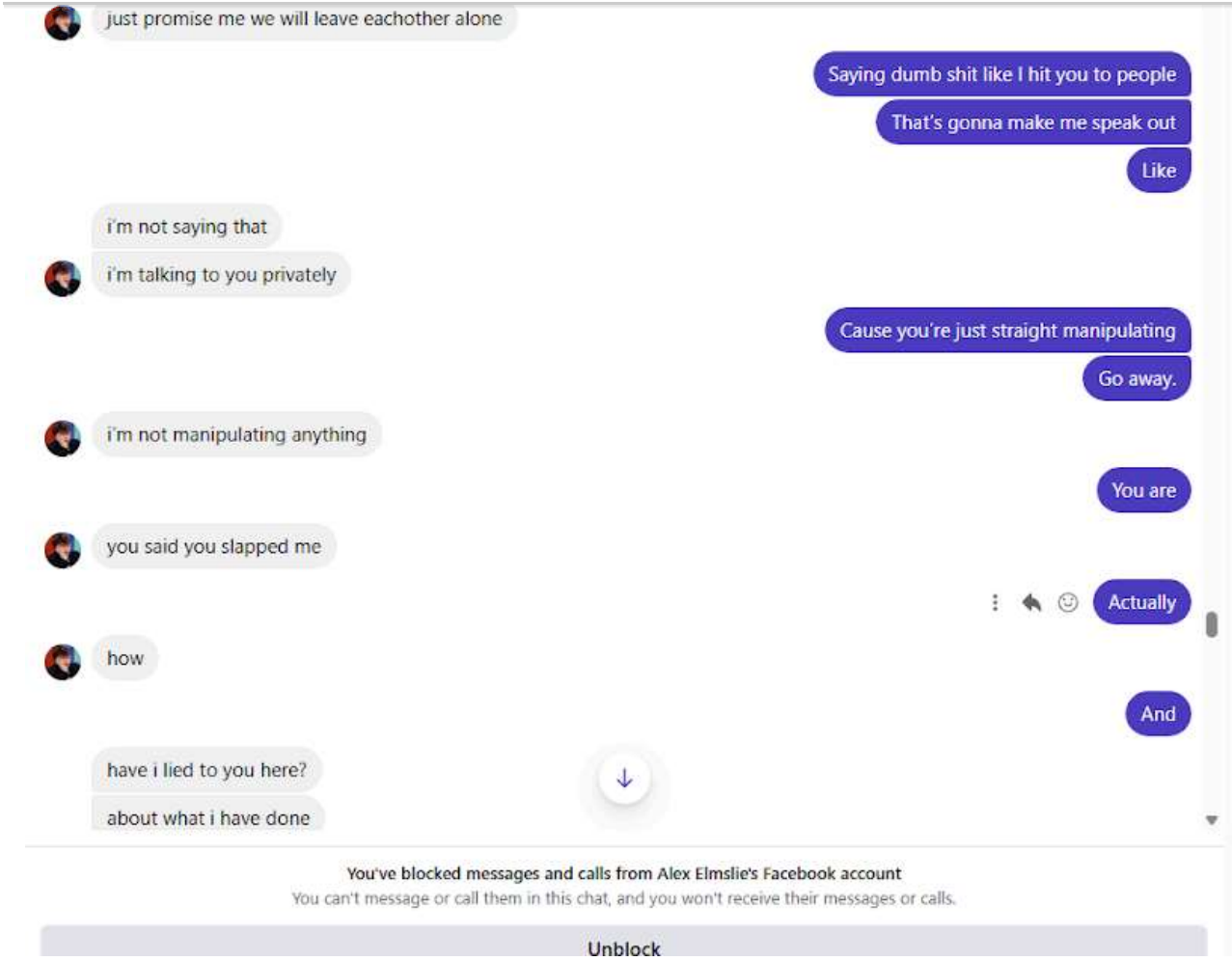
# Response - Read First


and my family
I'm not coming after your life or family.
Alex replied to you
That's your defence my gf slapped me after I abused her
why are you getting like this with me?
i'm not being aggressive here
or trying to downplay how you feel
and i know you think im the worst cunt alive
Because you need to see how weird that is for you to now turn this on me to try and stop me from speaking out
okay i have tried to make it clear
maybe a million times
You're literally
Saying all this
that i don't want to do that
To tell me
That's what you have on me
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.
Unblock

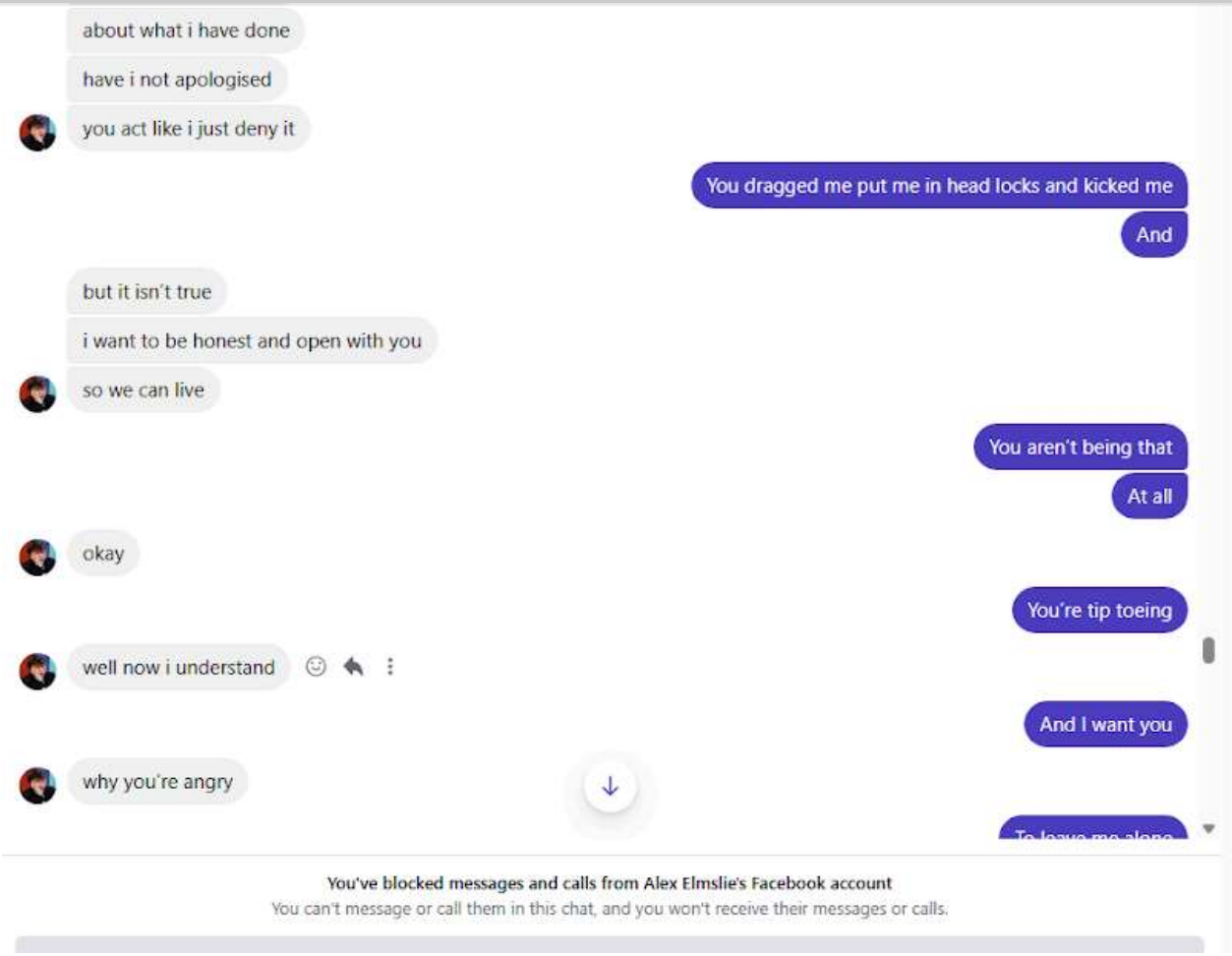
# Response - Read First


That's what you have on me
alice this is so upsetting
And that's "your side"
why are you talking to me like that
Complete wank
i don't want a side
You do
Goodbye
i don't want to talk about this
Please let's just say it's done
and mov won with our lives
no more dragging it out
You're dragging it out
You made that happen
Alex · Blocked · Edited
just promise me we will leave eachother alone
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

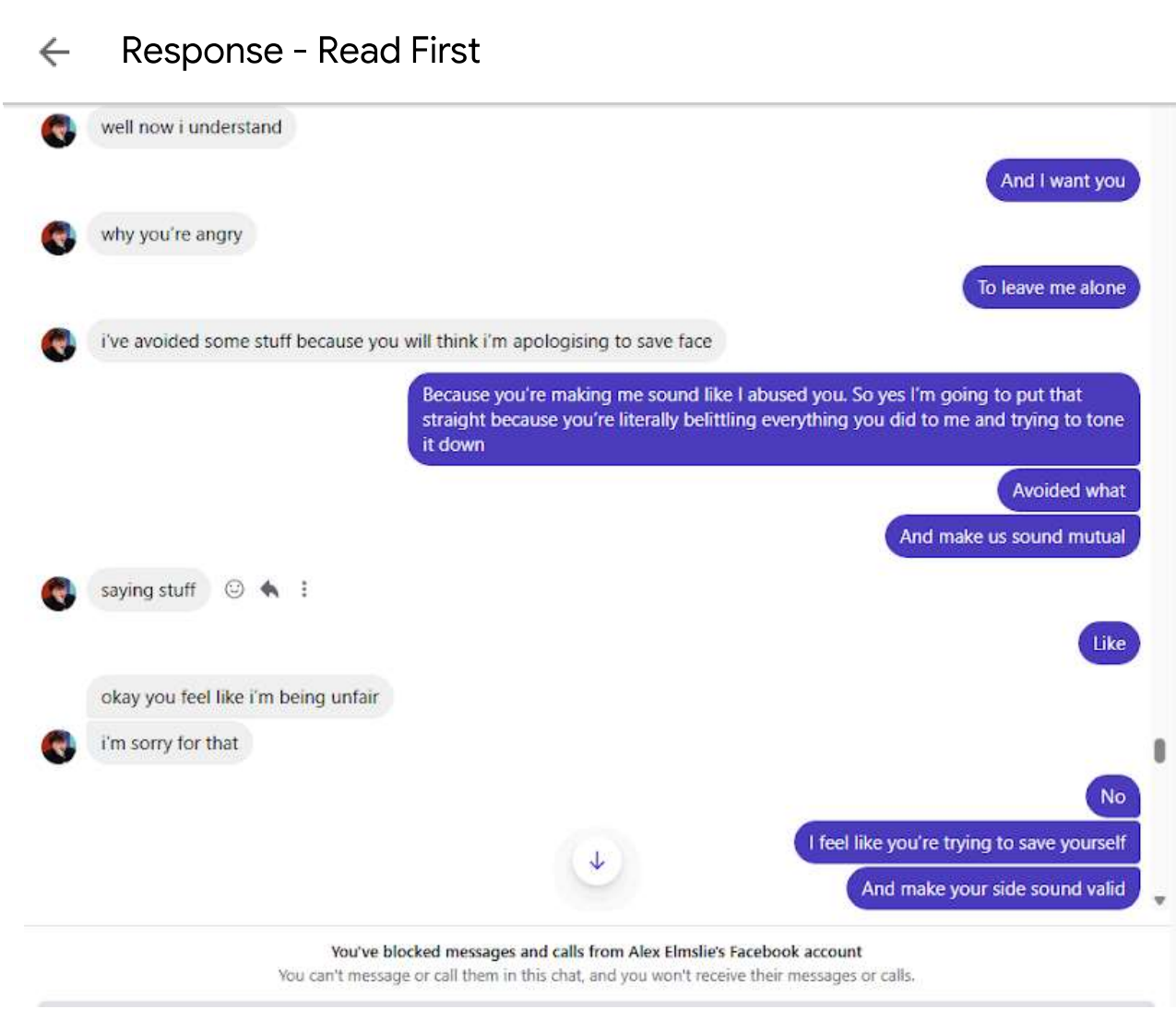
# Response - Read First


just promise me we will leave eachother alone
Saying dumb shit like I hit you to people
That's gonna make me speak out
Like
i'm not saying that
i'm talking to you privately
Cause you're just straight manipulating
Go away.
i'm not manipulating anything
You are
you said you slapped me
Actually
how
And
have i lied to you here?
about what i have done
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.
Unblock

# Response - Read First

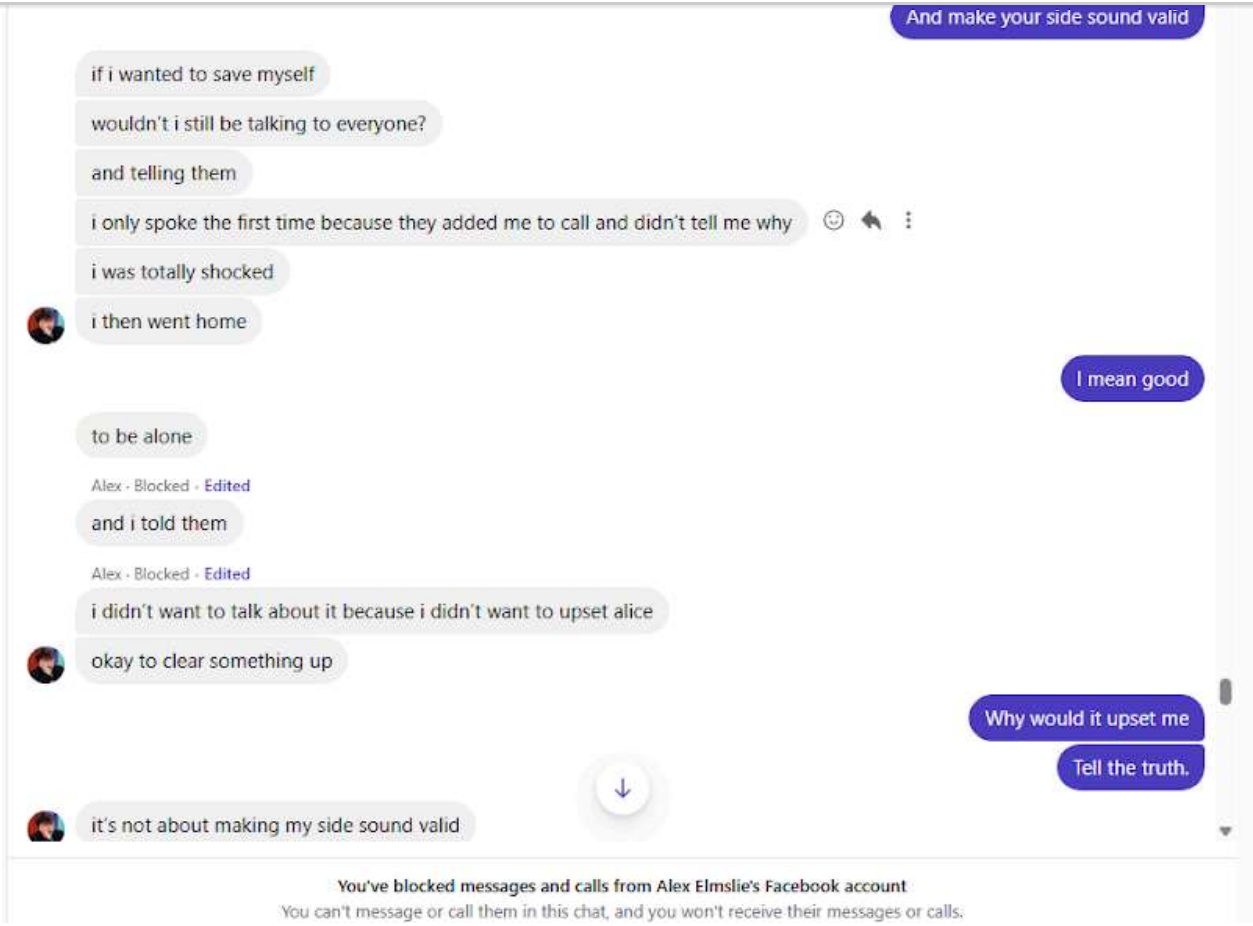

about what i have done
have i not apologised
you act like i just deny it
You dragged me put me in head locks and kicked me
And
but it isn't true
i want to be honest and open with you
so we can live
You aren't being that
At all
okay
You're tip toeing
well now i understand
And I want you
why you're angry
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

Wanna mention he's saying "*but it isn't true*" after his message "*you act like i just deny it*" before anyone tries to spin that. He has since deleted MANY messages, once admitting to dragging me, when he now claims in his video that "it didn't happen".

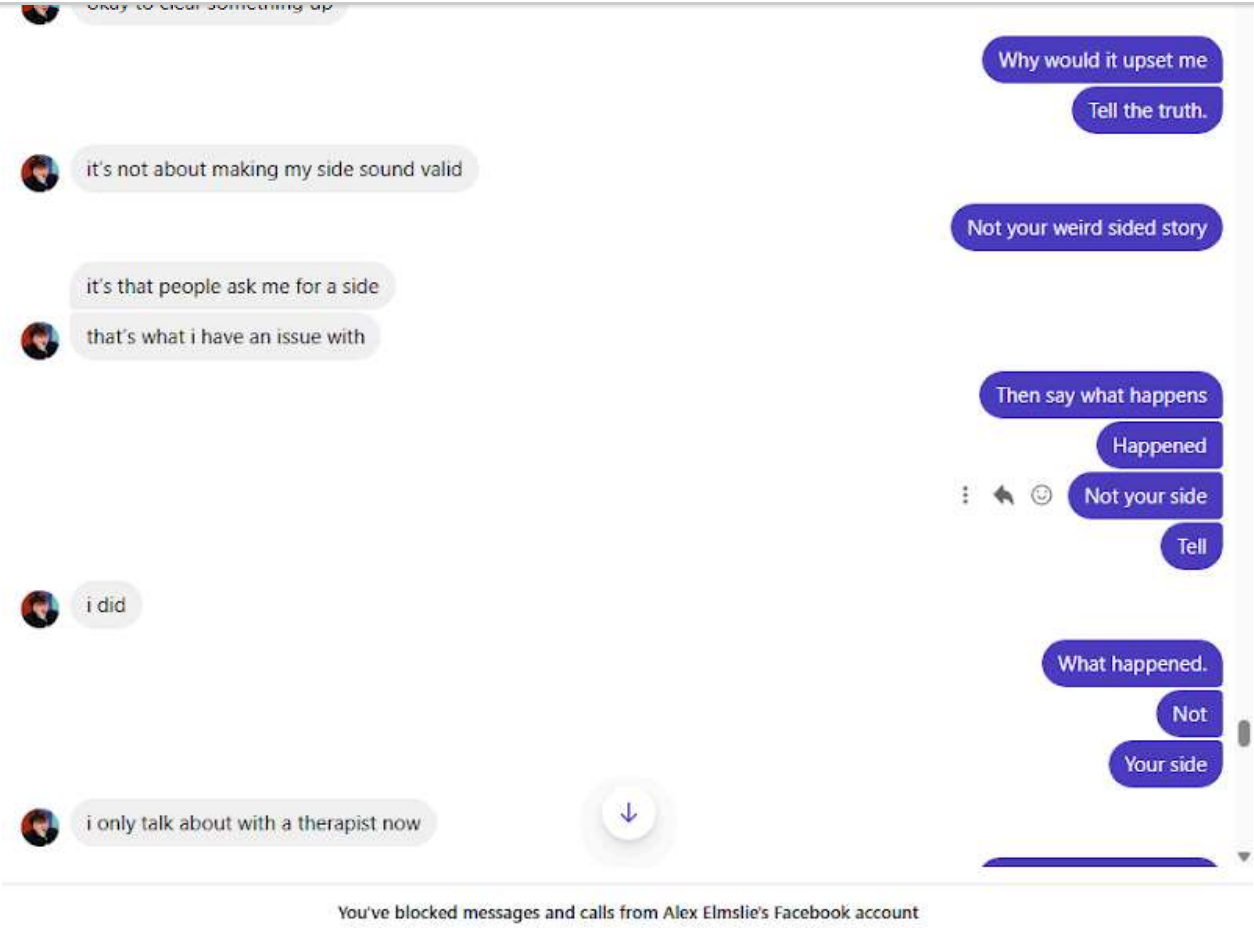

Response - Read First
well now i understand
And I want you
why you're angry
To leave me alone
i've avoided some stuff because you will think i'm apologising to save face
Because you're making me sound like I abused you. So yes I'm going to put that straight because you're literally belittling everything you did to me and trying to tone it down
Avoided what
And make us sound mutual
saying stuff
Like
okay you feel like i'm being unfair
i'm sorry for that
No
I feel like you're trying to save yourself
And make your side sound valid
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

And i still stand by what i say here, in his video he has denied all physical abuse he had given me, which is inconsistent as i have the voice message of him admitting to kicking me, which i will add onto this, he has tried to make out i begged for voice notes to use against him, this wasn't the case at all, i just never wanted to call him and he kept saying he needs to call me to say sorry or explain things.

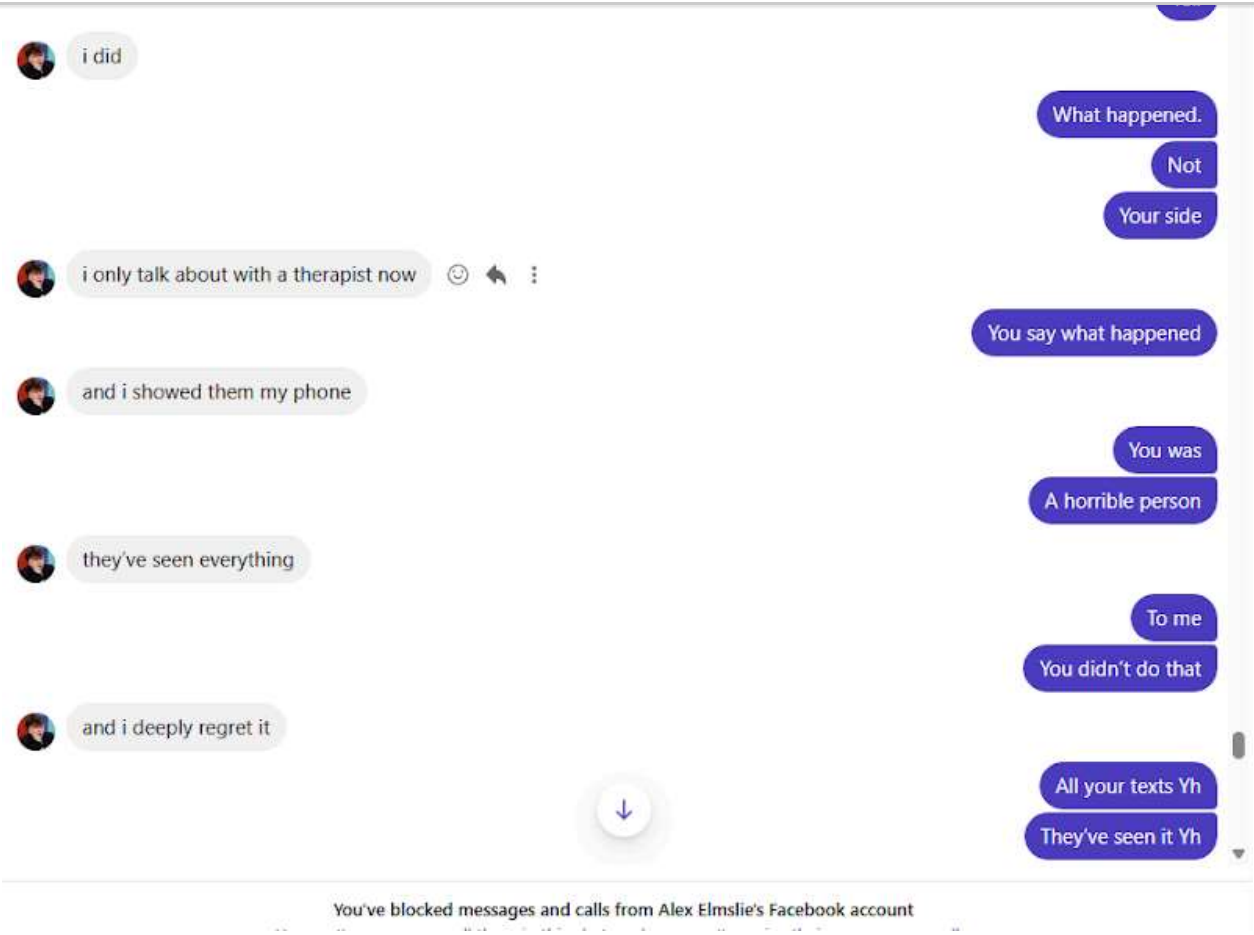
# Response - Read First


And make your side sound valid
if i wanted to save myself
wouldn't i still be talking to everyone?
and telling them
i only spoke the first time because they added me to call and didn't tell me why
i was totally shocked
i then went home
I mean good
to be alone
Alex · Blocked · Edited
and i told them
Alex · Blocked · Edited
i didn't want to talk about it because i didn't want to upset alice
okay to clear something up
Why would it upset me
Tell the truth.
it's not about making my side sound valid
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First


Why would it upset me
Tell the truth.
it's not about making my side sound valid
Not your weird sided story
it's that people ask me for a side
that's what i have an issue with
Then say what happens
Happened
Not your side
Tell
i did
What happened.
Not
Your side
i only talk about with a therapist now
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First



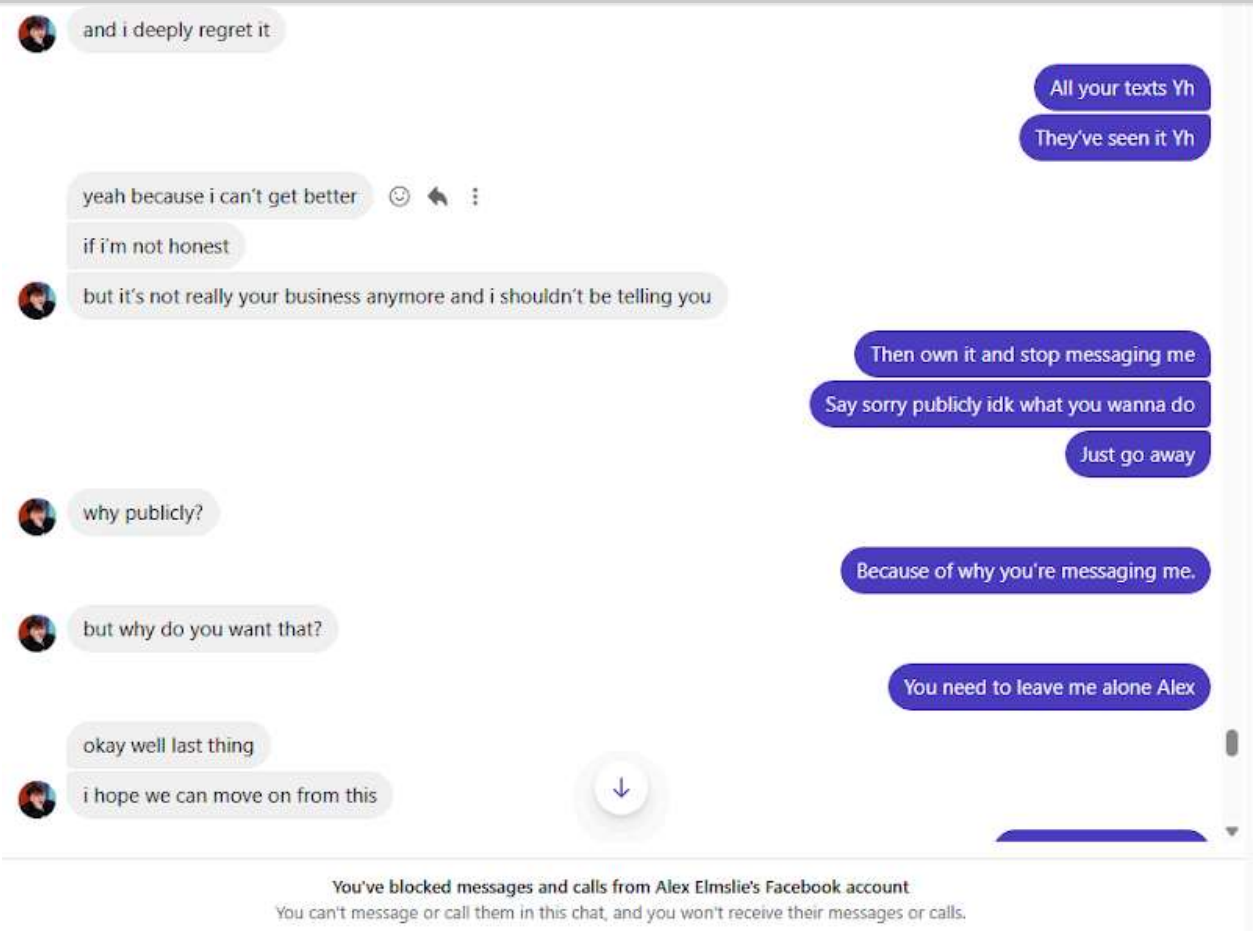

I told him he didn't do that because I didn't believe he actually showed them what he really said and did, which is now confirmed to me as in his diagnosis it mentions he has denied any physical acts he made on me.

**Risk Assessment/Safeguarding**

- Risk to self: [redacted], past binge drinking
- Risk to other: denied present/past history of physical aggression to others. Past history of verbal aggression to former girlfriend.
- Risk from others: no current risk, past relationship with abusive partner

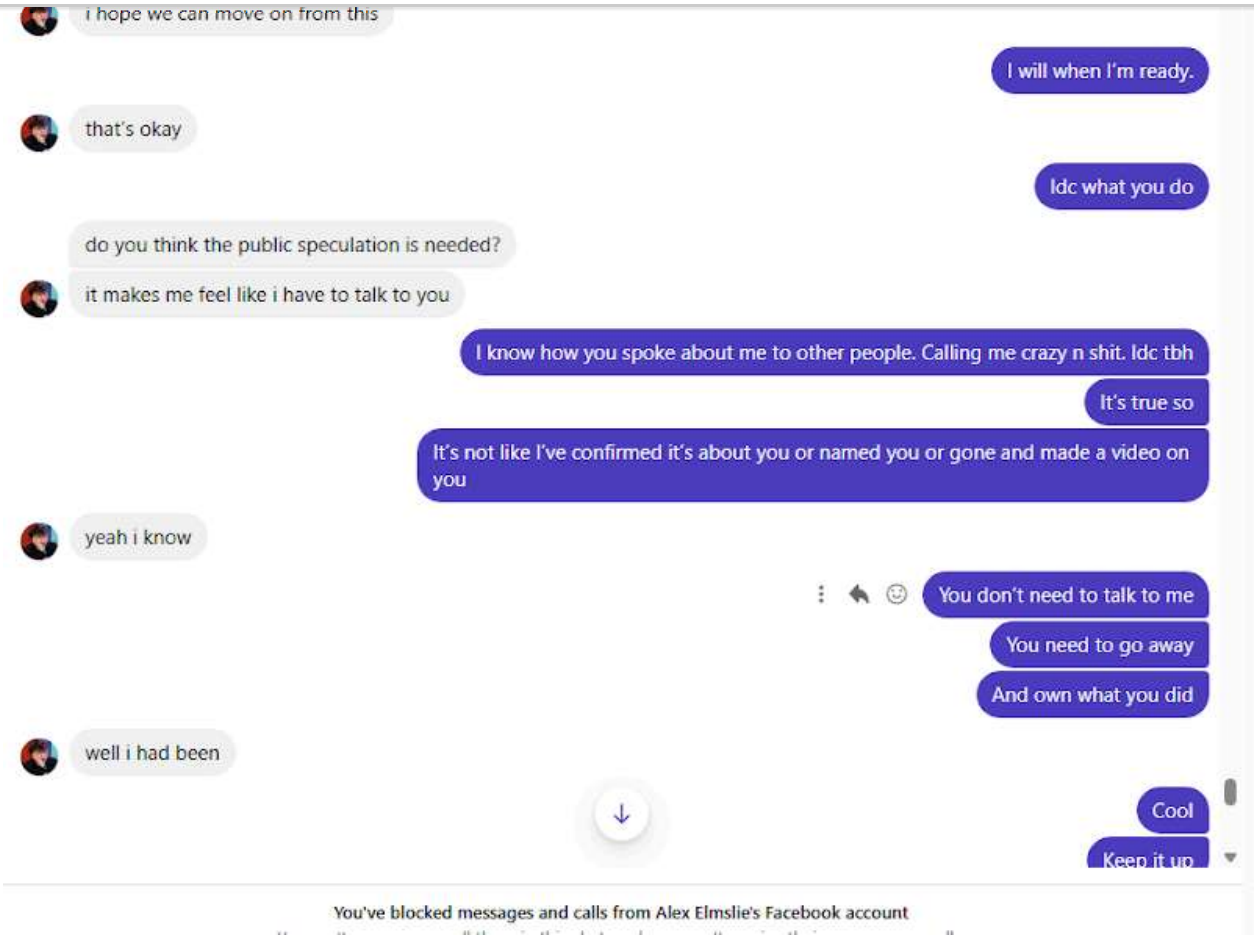
There's texts of him admitting to kicking me he says it was to “get my attention” and a “joke”
There's a voice note admitting to kicking me and there's many many many times where I bring up the same story of him dragging me. He did those things.

# Response - Read First


and i deeply regret it
All your texts Yh
They've seen it Yh
yeah because i can't get better
if i'm not honest
but it's not really your business anymore and i shouldn't be telling you
Then own it and stop messaging me
Say sorry publicly idk what you wanna do
Just go away
why publicly?
Because of why you're messaging me.
but why do you want that?
You need to leave me alone Alex
okay well last thing
i hope we can move on from this
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

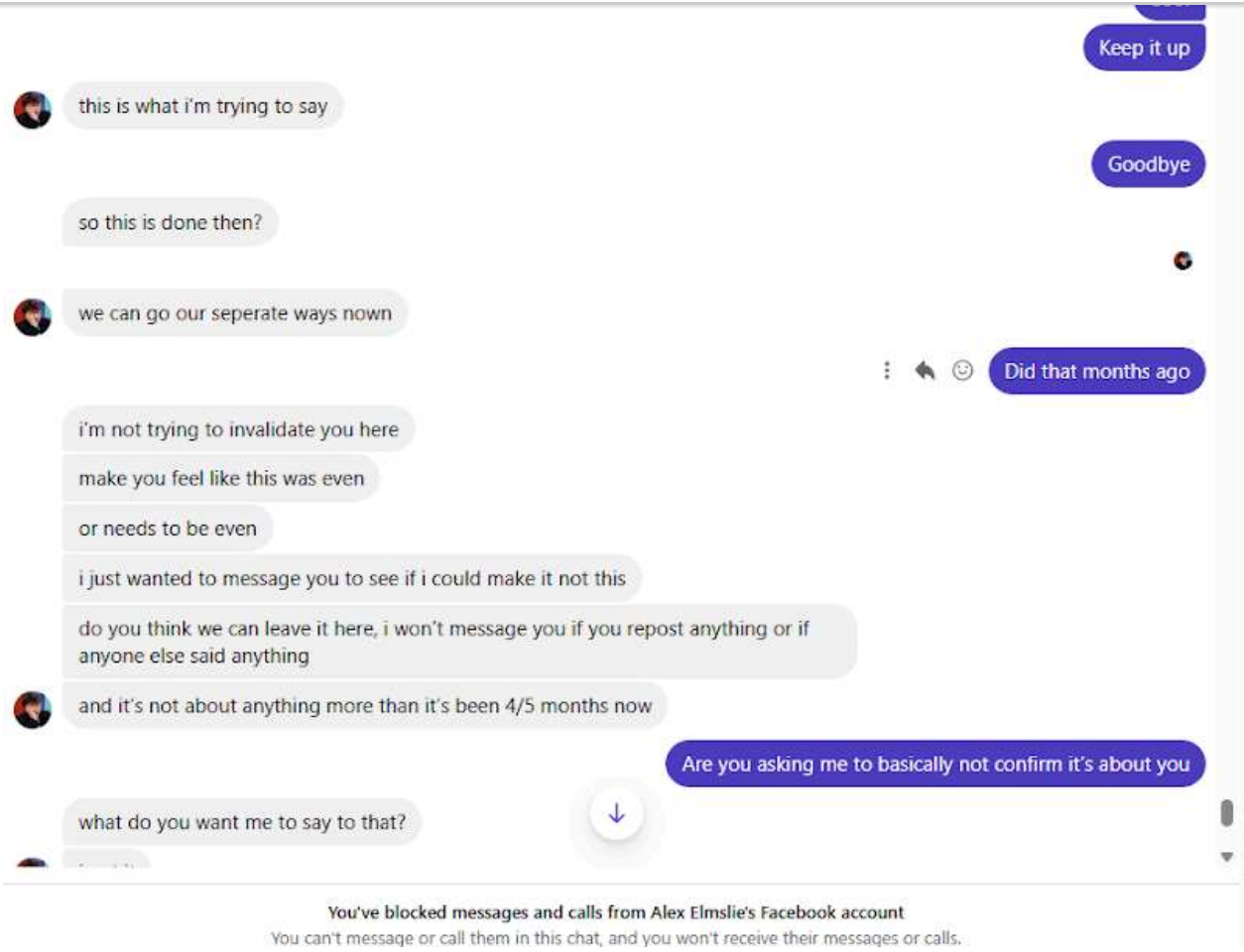
I mention to him to say sorry publicly meaning to settle the tiktoks i had made, not threatening anything else here or telling him i'm coming out. This was the reason for him messaging me was the concern of backlash he would receive after my tiktok i made about being treated like shit by a past ex, no name mentioned.

# Response - Read First

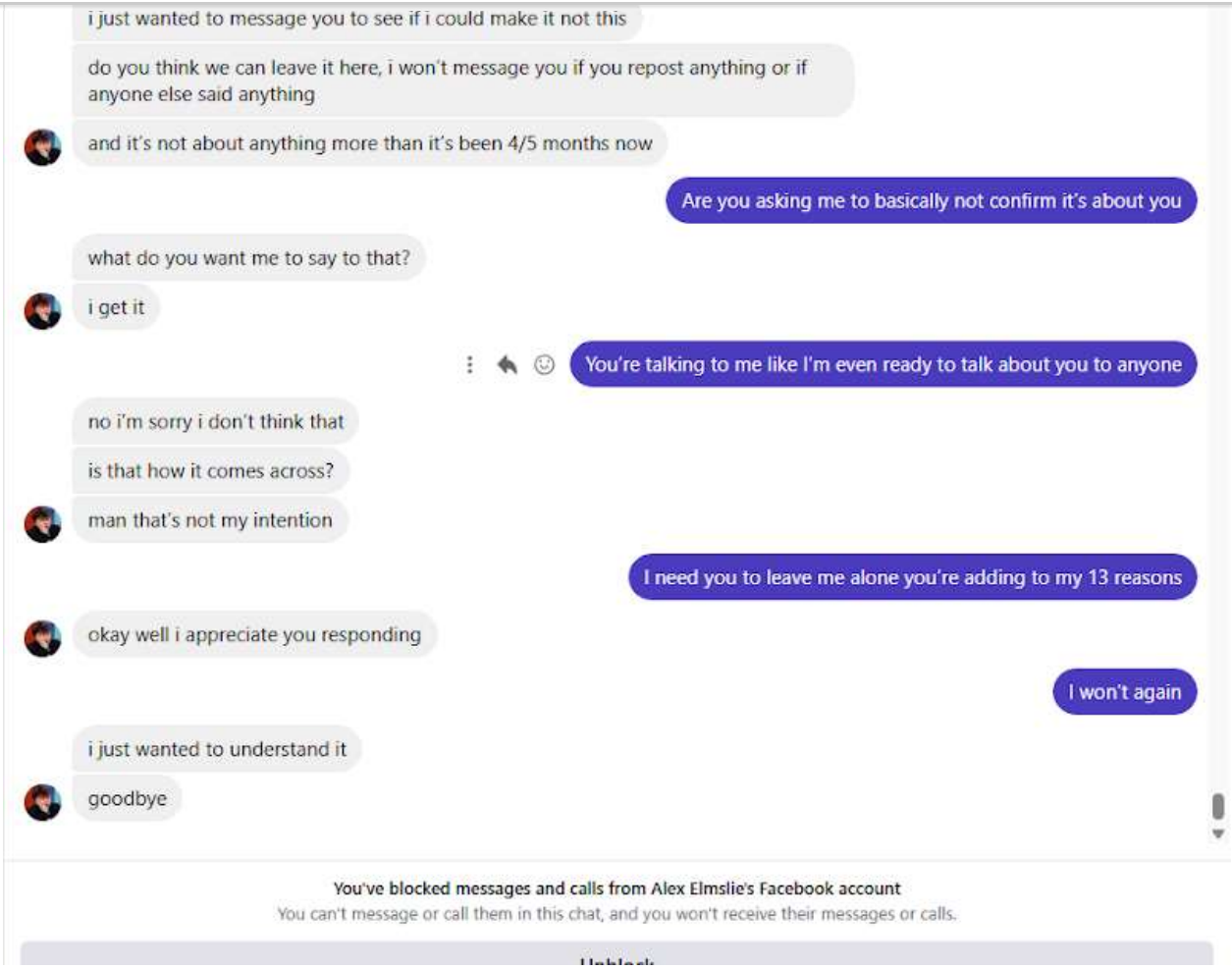

i hope we can move on from this
I will when I'm ready.
that's okay
Idc what you do
do you think the public speculation is needed?
it makes me feel like i have to talk to you
I know how you spoke about me to other people. Calling me crazy n shit. Idc tbh
It's true so
It's not like I've confirmed it's about you or named you or gone and made a video on you
yeah i know
You don't need to talk to me
You need to go away
And own what you did
well i had been
Cool
Keep it up
You've blocked messages and calls from Alex Elmslie's Facebook account

"Its true so" is in response to his message calling it "public speculation"

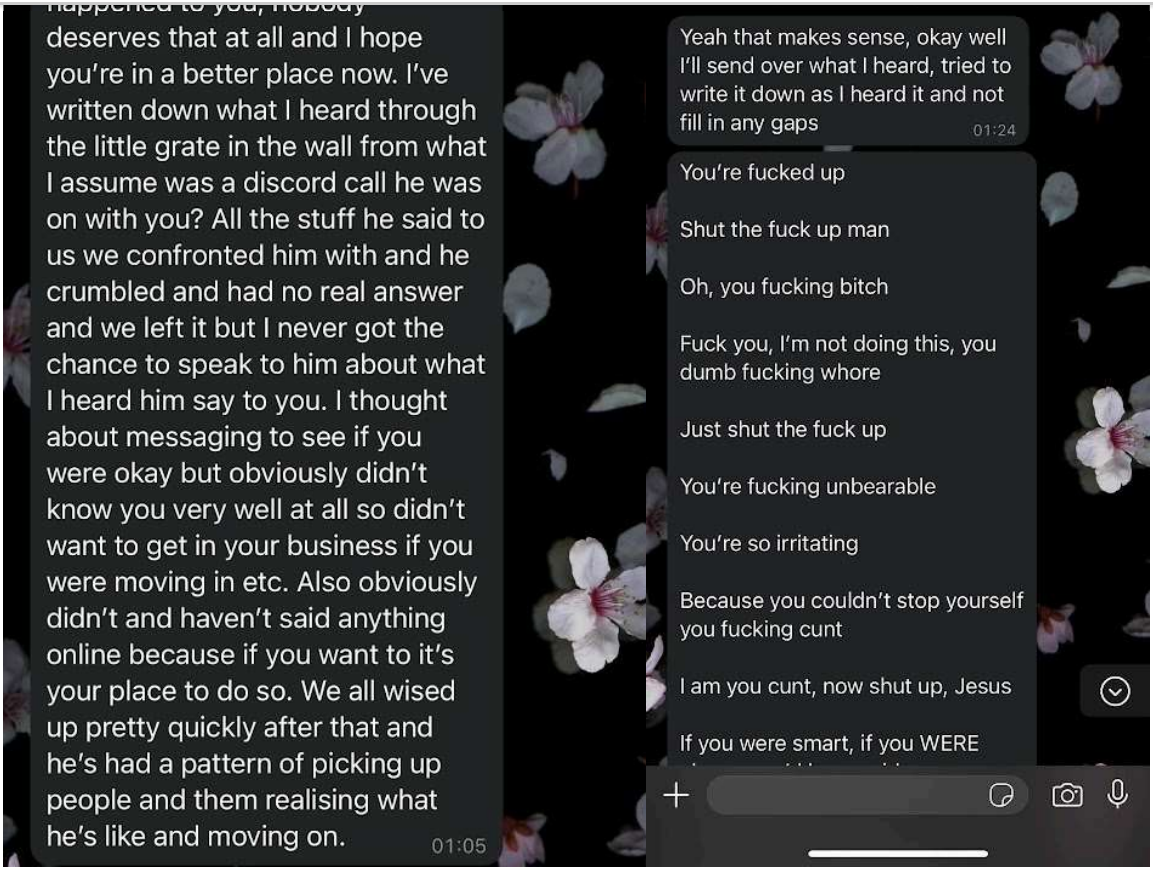
# Response - Read First


Keep it up
this is what i'm trying to say
Goodbye
so this is done then?
we can go our seperate ways nown
Did that months ago
i'm not trying to invalidate you here
make you feel like this was even
or needs to be even
i just wanted to message you to see if i could make it not this
do you think we can leave it here, i won't message you if you repost anything or if anyone else said anything
and it's not about anything more than it's been 4/5 months now
Are you asking me to basically not confirm it's about you
what do you want me to say to that?
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First

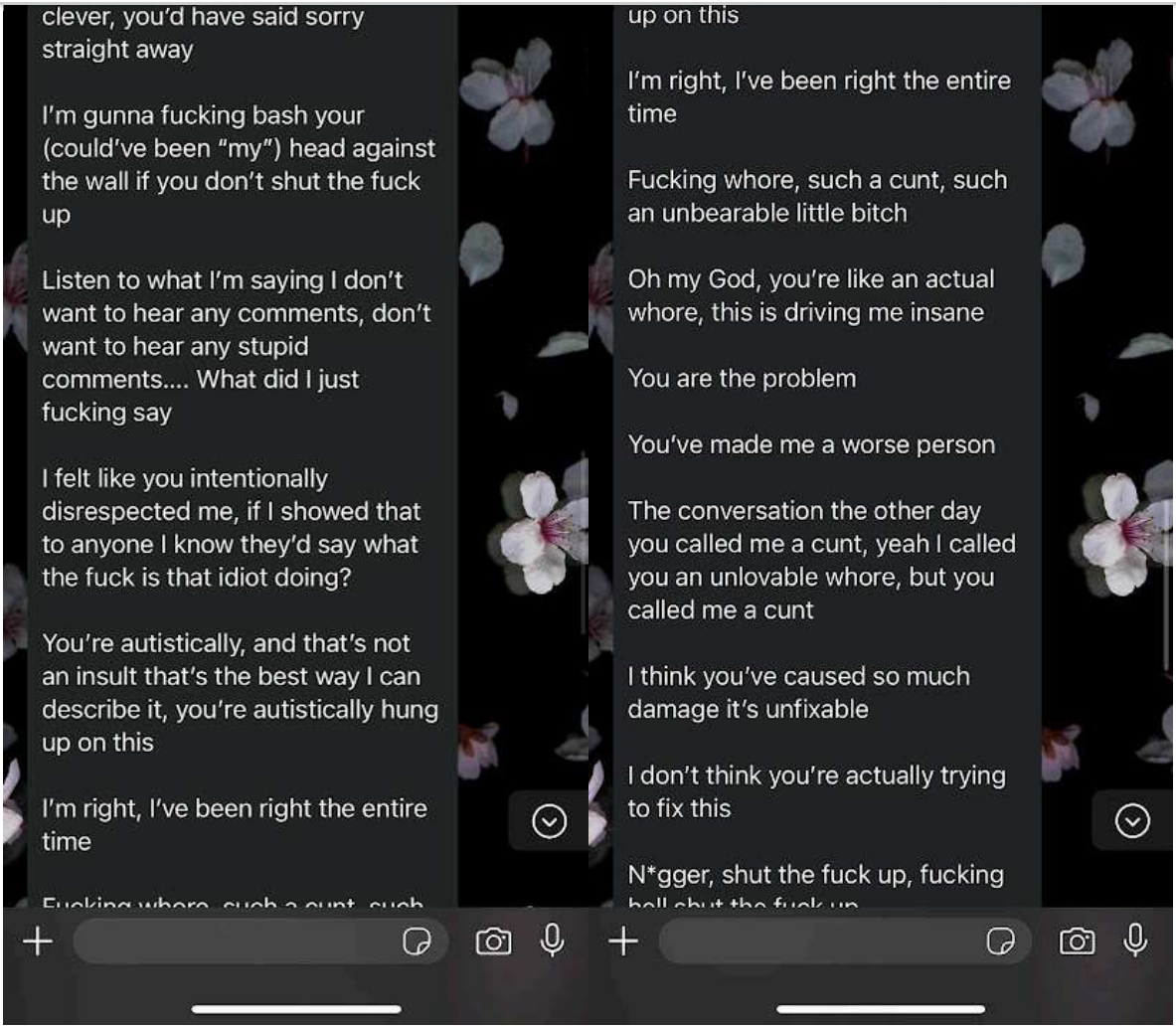

i just wanted to message you to see if i could make it not this
do you think we can leave it here, i won't message you if you repost anything or if anyone else said anything
and it's not about anything more than it's been 4/5 months now
Are you asking me to basically not confirm it's about you
what do you want me to say to that?
i get it
You're talking to me like I'm even ready to talk about you to anyone
no i'm sorry i don't think that
is that how it comes across?
man that's not my intention
I need you to leave me alone you're adding to my 13 reasons
okay well i appreciate you responding
I won't again
i just wanted to understand it
goodbye
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First

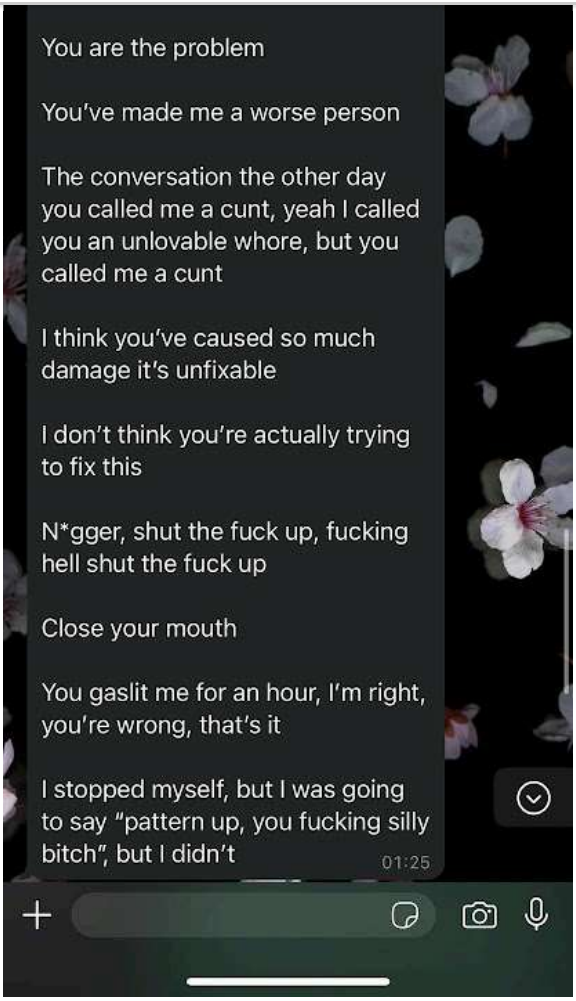

happened to you, nobody deserves that at all and I hope you're in a better place now. I've written down what I heard through the little grate in the wall from what I assume was a discord call he was on with you? All the stuff he said to us we confronted him with and he crumbled and had no real answer and we left it but I never got the chance to speak to him about what I heard him say to you. I thought about messaging to see if you were okay but obviously didn't know you very well at all so didn't want to get in your business if you were moving in etc. Also obviously didn't and haven't said anything online because if you want to it's your place to do so. We all wised up pretty quickly after that and he's had a pattern of picking up people and them realising what he's like and moving on.
01:05
Yeah that makes sense, okay well I'll send over what I heard, tried to write it down as I heard it and not fill in any gaps
01:24
You're fucked up
Shut the fuck up man
Oh, you fucking bitch
Fuck you, I'm not doing this, you dumb fucking whore
Just shut the fuck up
You're fucking unbearable
You're so irritating
Because you couldn't stop yourself you fucking cunt
I am you cunt, now shut up, Jesus
If you were smart, if you WERE

This is the transcript I received from a house mate of his.

# Response - Read First

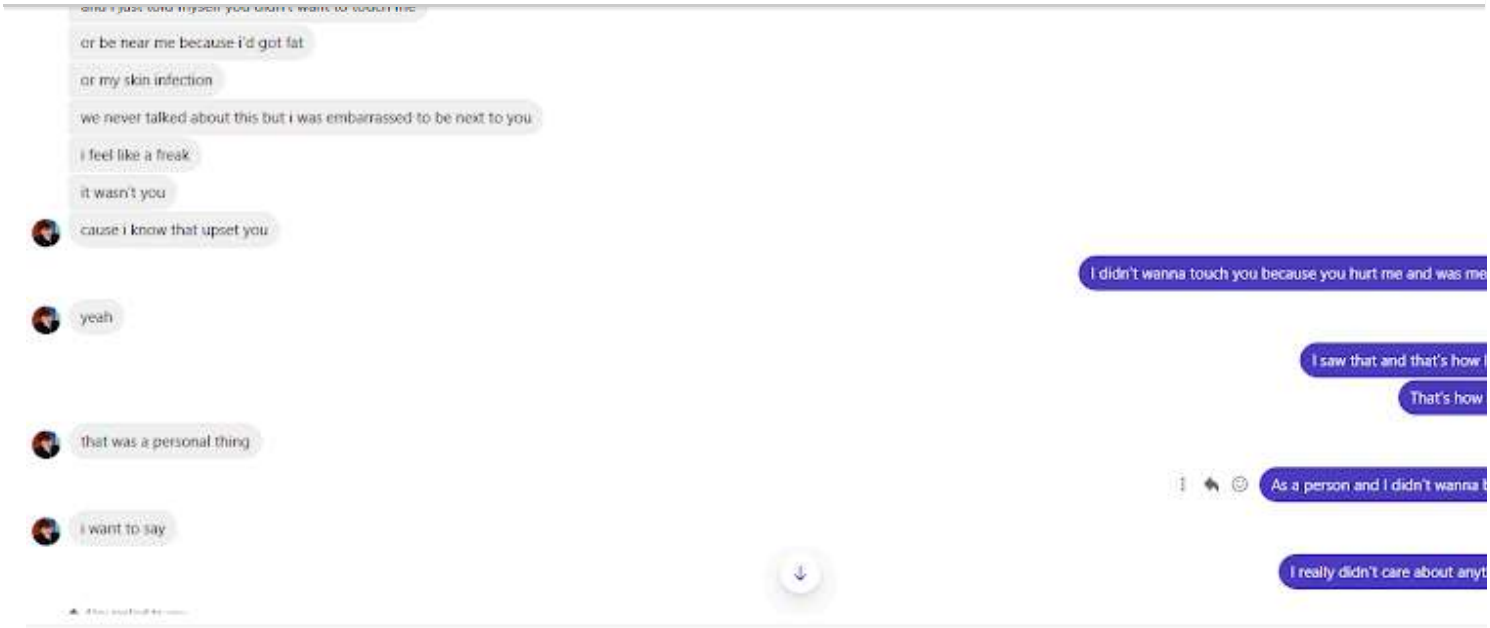

clever, you'd have said sorry straight away
I'm gunna fucking bash your (could've been "my") head against the wall if you don't shut the fuck up
Listen to what I'm saying I don't want to hear any comments, don't want to hear any stupid comments.... What did I just fucking say
I felt like you intentionally disrespected me, if I showed that to anyone I know they'd say what the fuck is that idiot doing?
You're autistically, and that's not an insult that's the best way I can describe it, you're autistically hung up on this
I'm right, I've been right the entire time
up on this
I'm right, I've been right the entire time
Fucking whore, such a cunt, such an unbearable little bitch
Oh my God, you're like an actual whore, this is driving me insane
You are the problem
You've made me a worse person
The conversation the other day you called me a cunt, yeah I called you an unlovable whore, but you called me a cunt
I think you've caused so much damage it's unfixable
I don't think you're actually trying to fix this
N*gger, shut the fuck up, fucking

# Response - Read First


You are the problem
You've made me a worse person
The conversation the other day you called me a cunt, yeah I called you an unlovable whore, but you called me a cunt
I think you've caused so much damage it's unfixable
I don't think you're actually trying to fix this
N*gger, shut the fuck up, fucking hell shut the fuck up
Close your mouth
You gaslit me for an hour, I'm right, you're wrong, that's it
I stopped myself, but I was going to say "pattern up, you fucking silly bitch", but I didn't
01:25

About me not wanting to be near him, i pushed him away from me in bed as he was trying to cuddle and be close to me after everything he had done to me, i was holding a grudge for a very long time after the night he dragged me to the floor, this is why i was toxic after. Not once in these messages does he claim the donkey kick to his head because that is a lie.

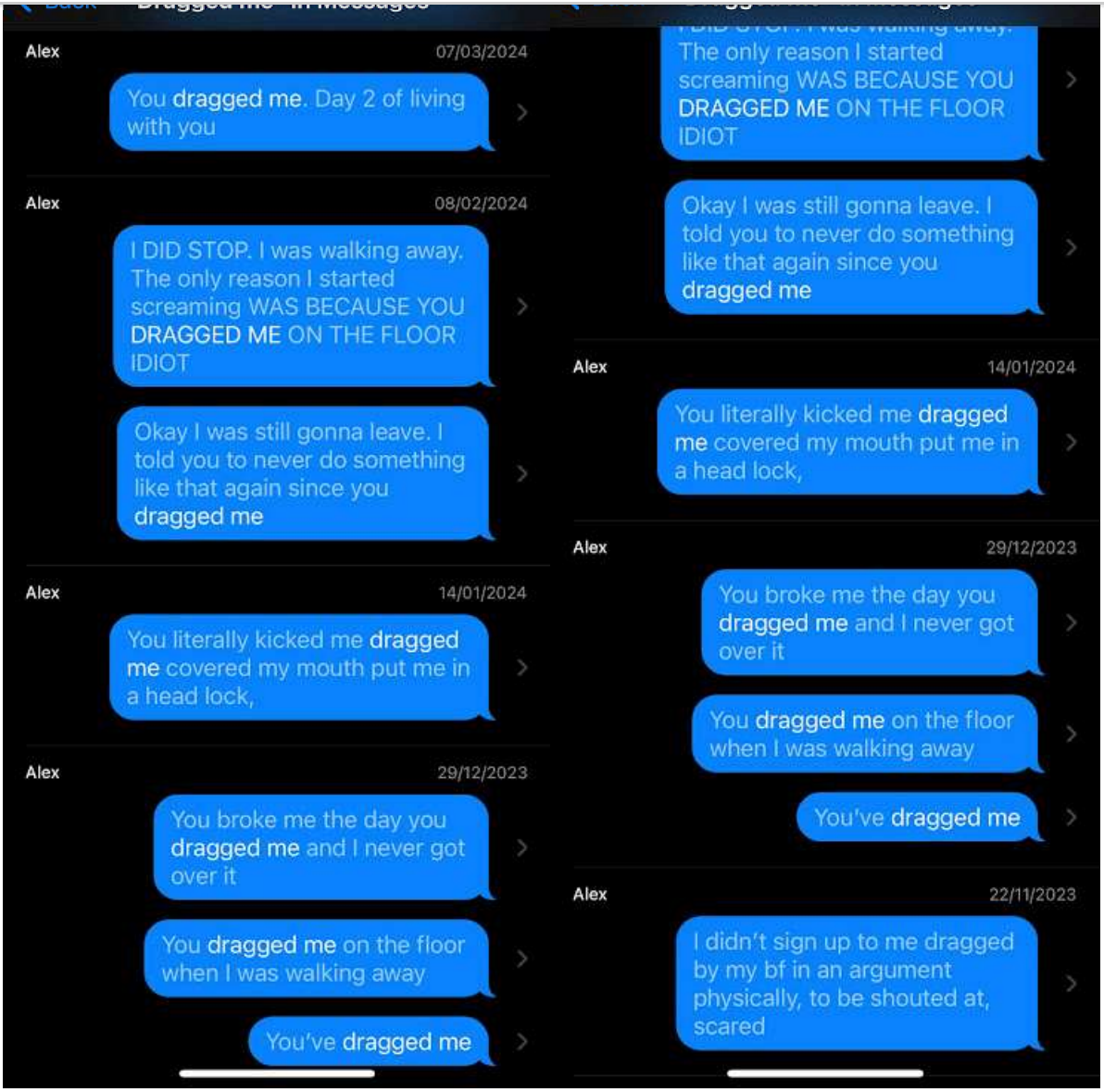
# Response - Read First


or be near me because i'd got fat
or my skin infection
we never talked about this but i was embarrassed to be next to you
i feel like a freak
it wasn't you
cause i know that upset you
I didn't wanna touch you because you hurt me and was me
yeah
I saw that and that's how
That's how
that was a personal thing
As a person and I didn't wanna
i want to say
I really didn't care about anyt

We had the worst arguments I've ever experienced with anyone but after the move it became even worse. On the fourth day of living together, on the 19th October, he had taken it to the next level and got physical in a fight. It started as a screaming argument where I begged him to leave me alone and to just stop. I ended up trying to get away from him and he followed me. I went to walk downstairs and he grabbed my hood and pulled me back until I fell on the floor.
He told me that I'm not getting away so I got up and made a run for the bathroom. He gets in my way and grabs me, puts me in a headlock and covers my mouth because I'm screaming for him to get off of me. I got to the bathroom and locked it behind me and he screams from the other side calling me crazy. Telling me to leave the house after I've asked him to leave me alone.

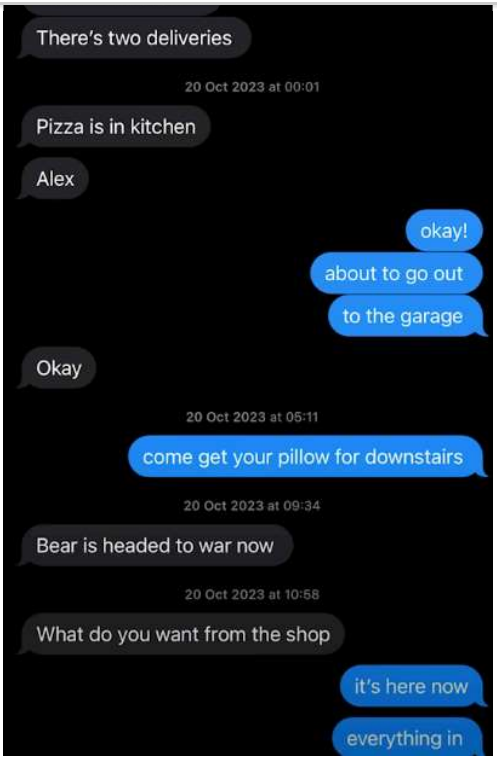
In his video he instantly says this statement here is a lie, that it didn't happen and that his proof of this not happening was because i didn't text him about it on that day. We lived together, I didn't need to text him immediately after. But I did text him multiple times AFTER the event happened on different days that he does not show. This is inconsistent and a lie on his part. There is no accountability taken for this argument and it's heartbreaking to hear it be called a lie by the man who did it. This was one of the main events that turned me sideways. After this happened I went to the point of avoiding him and not wanting to be around him.

# Response - Read First


Alex
07/03/2024
You dragged me. Day 2 of living with you
Alex
08/02/2024
I DID STOP. I was walking away. The only reason I started screaming WAS BECAUSE YOU DRAGGED ME ON THE FLOOR IDIOT
Okay I was still gonna leave. I told you to never do something like that again since you dragged me
Alex
14/01/2024
You literally kicked me dragged me covered my mouth put me in a head lock,
Alex
29/12/2023
You broke me the day you dragged me and I never got over it
You dragged me on the floor when I was walking away
You've dragged me
The only reason I started screaming WAS BECAUSE YOU DRAGGED ME ON THE FLOOR IDIOT
Okay I was still gonna leave. I told you to never do something like that again since you dragged me
Alex
14/01/2024
You literally kicked me dragged me covered my mouth put me in a head lock,
Alex
29/12/2023
You broke me the day you dragged me and I never got over it
You dragged me on the floor when I was walking away
You've dragged me
Alex
22/11/2023
I didn't sign up to me dragged by my bf in an argument physically, to be shouted at, scared

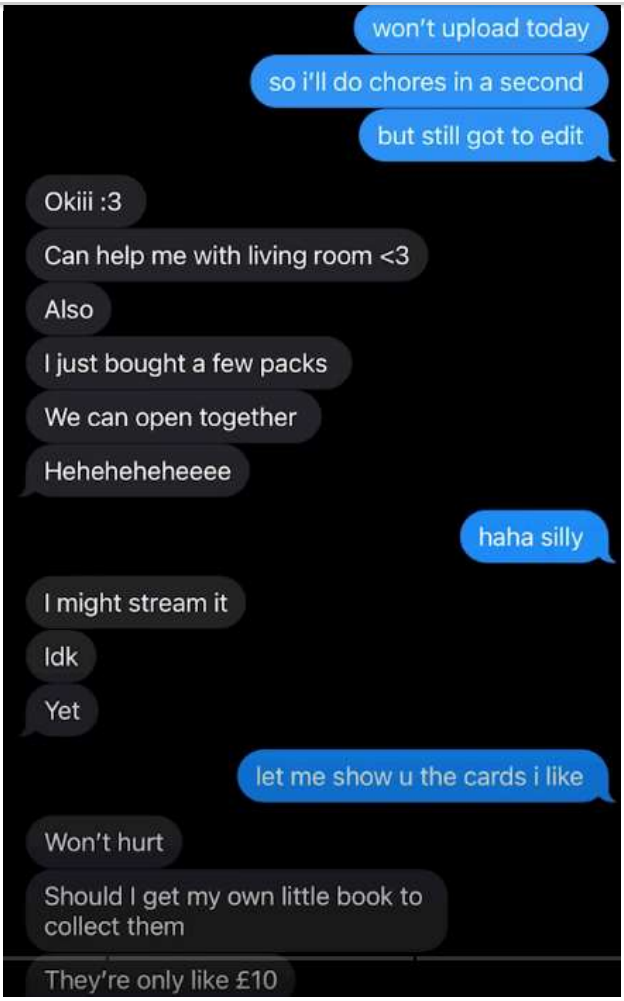
His excuse for doing this was that i can't be screaming in a rented house and that he had to do something to stop it. When in reality, the screaming from both ends wasn't stopping, so I tried walking away. Alex never liked when I dismissed something like this by walking away for the moment or not talking at the time as I needed to get away and breathe. That is when he grabbed the hood of my dressing gown, he pulled me and I fell to the floor. He's in my face at this point telling me to not go anywhere and that's when i get up to get to the bathroom, in which he stops me, holds me in a headlock and at this time yes i am screaming. He covered my mouth and told me to stop screaming, I got him off me and locked myself in the bathroom where he continued to scream at me calling me crazy, telling me to move out after what he had just done. THIS HAPPENED. His reasoning to do this was to shut me up as he was scared to be kicked out of the house as it's rented. This happened in the AM, it was a stupid time i can't remember if it was before or after sleep, so yes going onto the next day i tried to move past this. I excused his actions because of my screaming and was still trying to process what had happened to me. In multiple conversations after this happened, I threatened that if he got physical again I would leave. I tried leaving the situation and he did not let me.

# Response - Read First



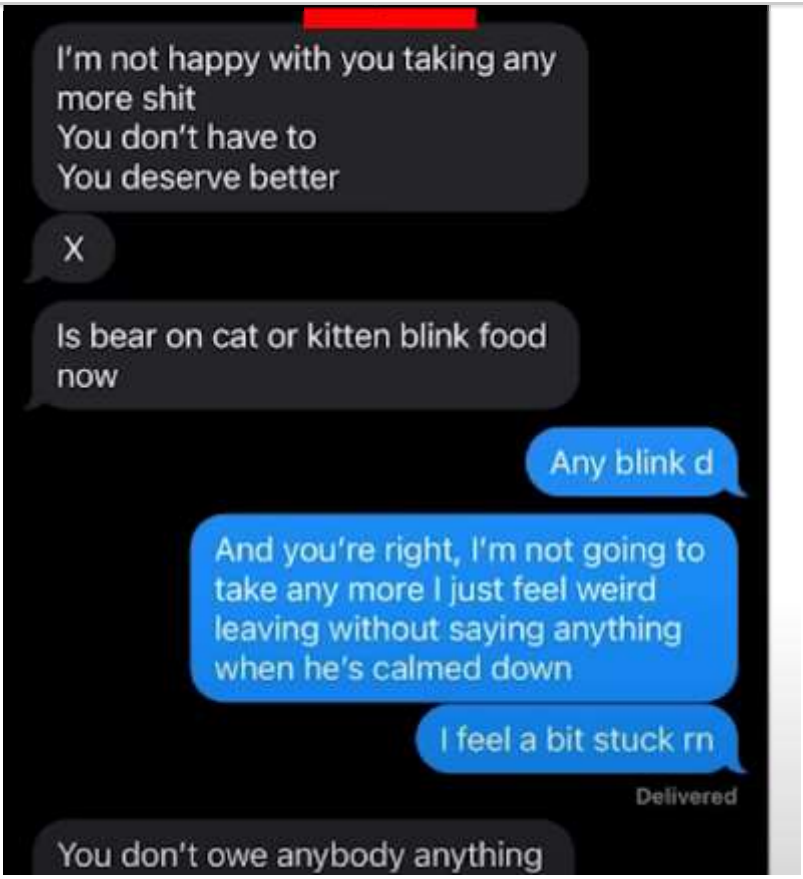

The screenshot he shares just proves we weren't in a good place because I was sleeping away from him downstairs.

# Response - Read First


won't upload today
so i'll do chores in a second
but still got to edit
Okiii :3
Can help me with living room <3
Also
I just bought a few packs
We can open together
Hehehehehheeee
haha silly
I might stream it
Idk
Yet
let me show u the cards i like
Won't hurt
Should I get my own little book to collect them
They're only like £10

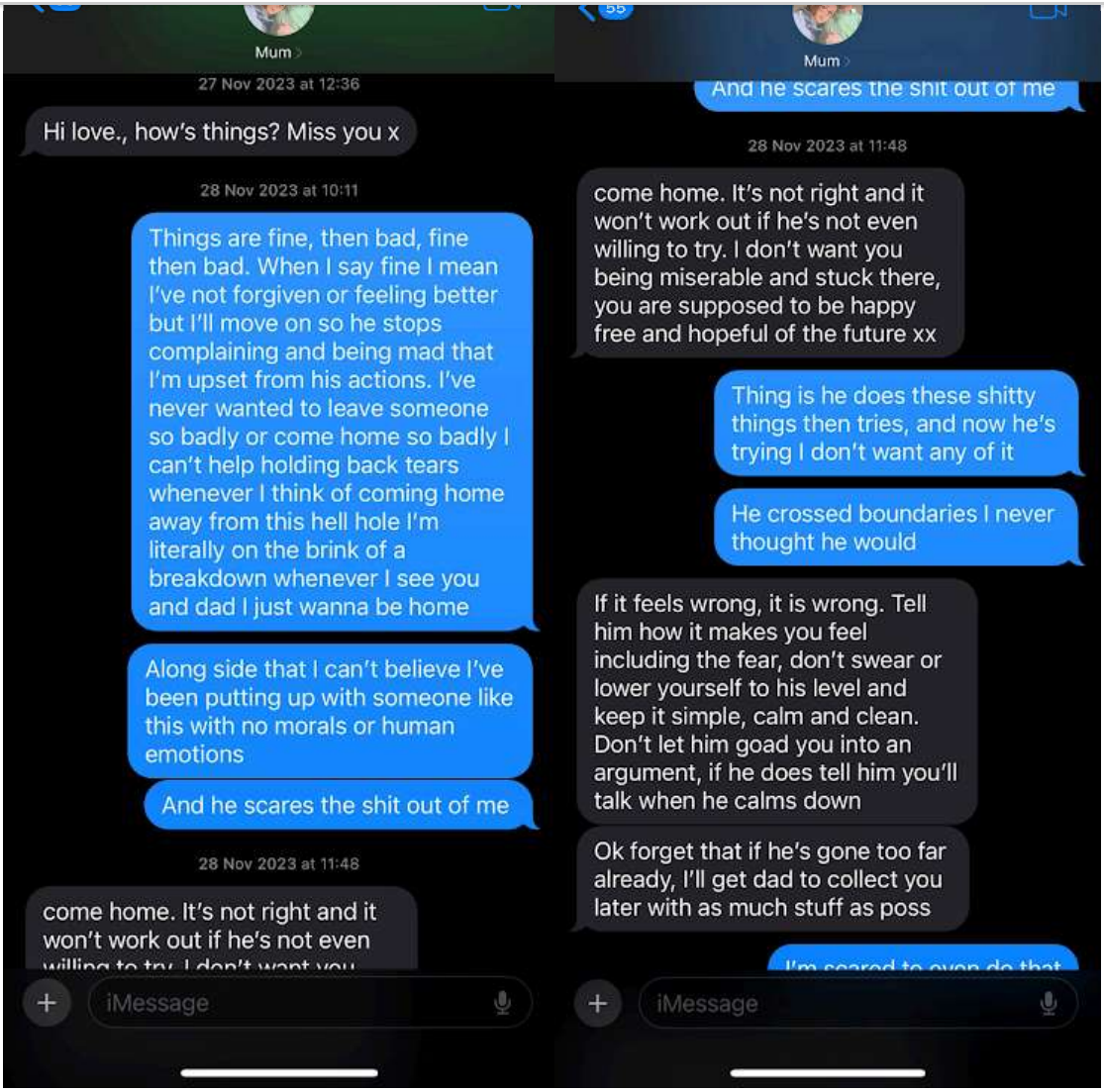
Again more of his “proof” it didn't happen was the fact I spoke about pokemon cards with him 3 days later. When he is the one buying them trying to make a mense. It's in his own screenshot.
He always went the route of buying things to gain my forgiveness on multiple occasions, instead of changing his actions and doing better he threw money at our issues and moved on.

# Response - Read First

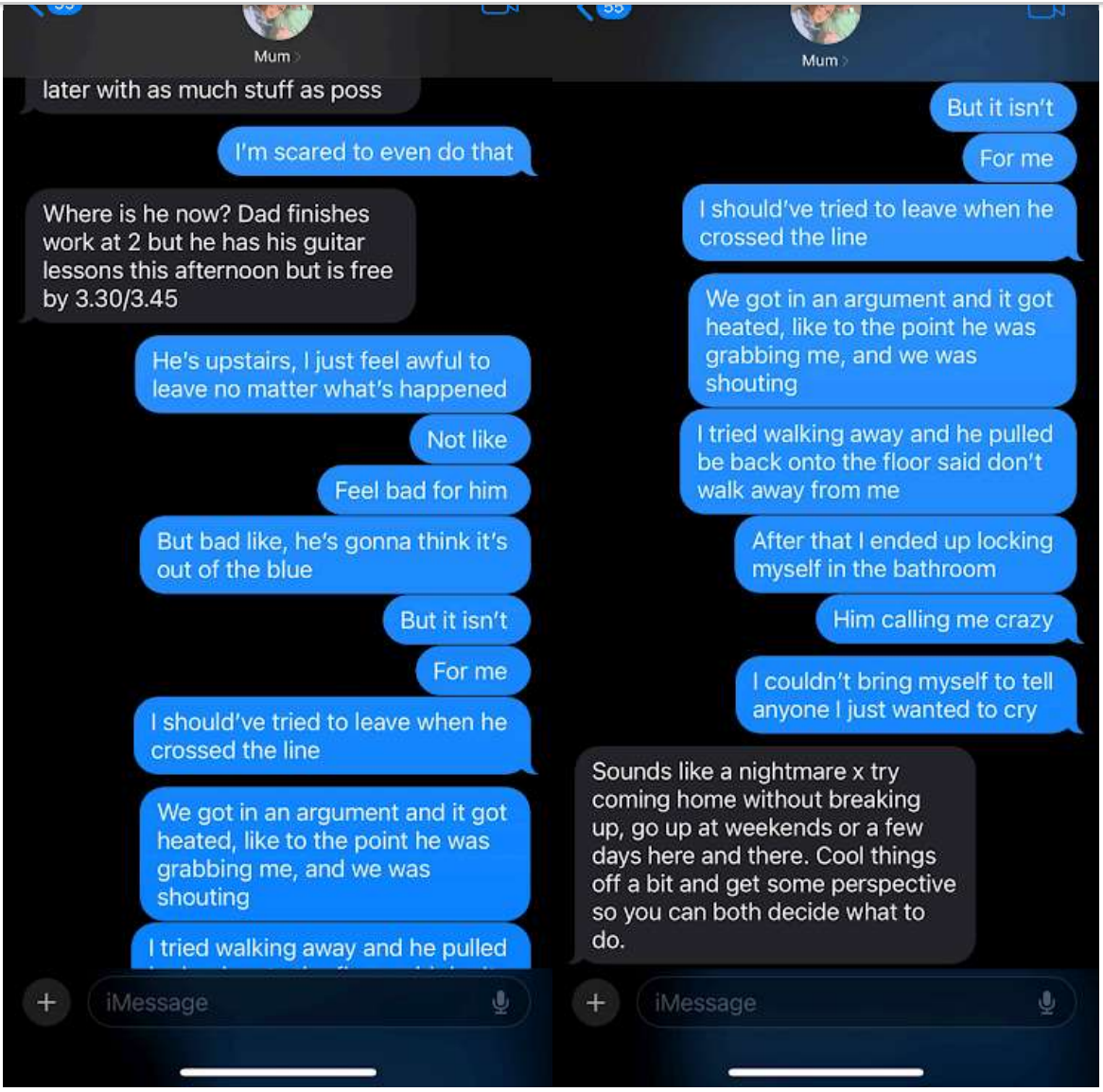

I'm not happy with you taking any more shit
You don't have to
You deserve better
X
Is bear on cat or kitten blink food now
Any blink d
And you're right, I'm not going to take any more I just feel weird leaving without saying anything when he's calmed down
I feel a bit stuck rn
Delivered
You don't owe anybody anything

The reason why my screenshots say “today” is because i took them to send to my friend, to say i finally had the bollocks to tell my parents what had been happening to me, it took me a lot to finally tell them that their daughter was going through this and didn't know what to do.
Here are the texts between my parents and me, with the dates. This is the first time I ever tell them anything is wrong.

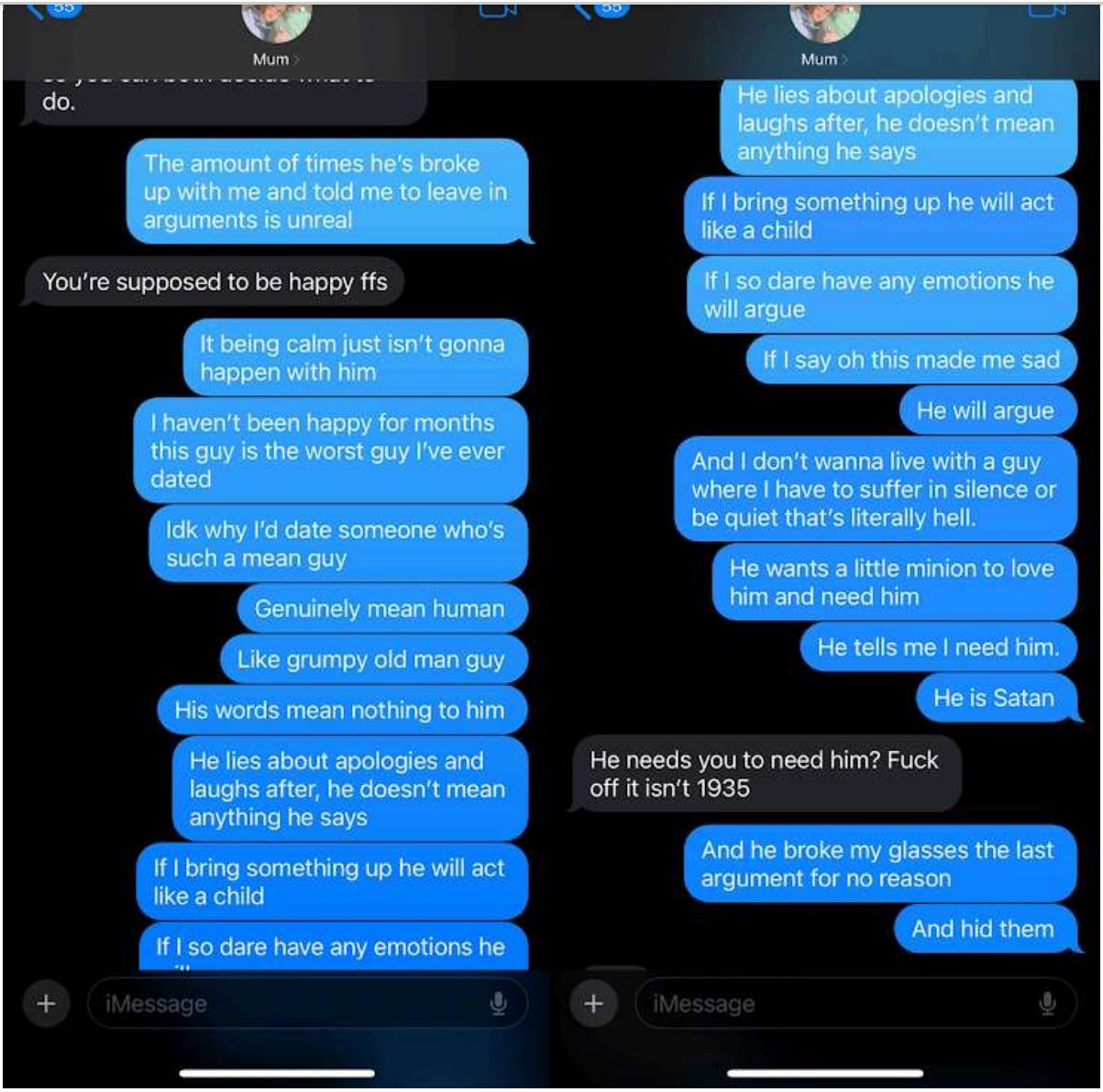
# Response - Read First


Mum
27 Nov 2023 at 12:36
Hi love., how's things? Miss you x
28 Nov 2023 at 10:11
Things are fine, then bad, fine then bad. When I say fine I mean I've not forgiven or feeling better but I'll move on so he stops complaining and being mad that I'm upset from his actions. I've never wanted to leave someone so badly or come home so badly I can't help holding back tears whenever I think of coming home away from this hell hole I'm literally on the brink of a breakdown whenever I see you and dad I just wanna be home
Along side that I can't believe I've been putting up with someone like this with no morals or human emotions
And he scares the shit out of me
28 Nov 2023 at 11:48
come home. It's not right and it won't work out if he's not even
iMessage
Mum
And he scares the shit out of me
28 Nov 2023 at 11:48
come home. It's not right and it won't work out if he's not even willing to try. I don't want you being miserable and stuck there, you are supposed to be happy free and hopeful of the future xx
Thing is he does these shitty things then tries, and now he's trying I don't want any of it
He crossed boundaries I never thought he would
If it feels wrong, it is wrong. Tell him how it makes you feel including the fear, don't swear or lower yourself to his level and keep it simple, calm and clean. Don't let him goad you into an argument, if he does tell him you'll talk when he calms down
Ok forget that if he's gone too far already, I'll get dad to collect you later with as much stuff as poss
iMessage

# Response - Read First


Mum
later with as much stuff as poss
I'm scared to even do that
Where is he now? Dad finishes work at 2 but he has his guitar lessons this afternoon but is free by 3.30/3.45
He's upstairs, I just feel awful to leave no matter what's happened
Not like
Feel bad for him
But bad like, he's gonna think it's out of the blue
But it isn't
For me
I should've tried to leave when he crossed the line
We got in an argument and it got heated, like to the point he was grabbing me, and we was shouting
I tried walking away and he pulled
iMessage
Mum
But it isn't
For me
I should've tried to leave when he crossed the line
We got in an argument and it got heated, like to the point he was grabbing me, and we was shouting
I tried walking away and he pulled be back onto the floor said don't walk away from me
After that I ended up locking myself in the bathroom
Him calling me crazy
I couldn't bring myself to tell anyone I just wanted to cry
Sounds like a nightmare x try coming home without breaking up, go up at weekends or a few days here and there. Cool things off a bit and get some perspective so you can both decide what to do.
iMessage

# Response - Read First


Mum
do.
The amount of times he's broke up with me and told me to leave in arguments is unreal
You're supposed to be happy ffs
It being calm just isn't gonna happen with him
I haven't been happy for months this guy is the worst guy I've ever dated
Idk why I'd date someone who's such a mean guy
Genuinely mean human
Like grumpy old man guy
His words mean nothing to him
He lies about apologies and laughs after, he doesn't mean anything he says
If I bring something up he will act like a child
If I so dare have any emotions he
iMessage
Mum
He lies about apologies and laughs after, he doesn't mean anything he says
If I bring something up he will act like a child
If I so dare have any emotions he will argue
If I say oh this made me sad
He will argue
And I don't wanna live with a guy where I have to suffer in silence or be quiet that's literally hell.
He wants a little minion to love him and need him
He tells me I need him.
He is Satan
He needs you to need him? Fuck off it isn't 1935
And he broke my glasses the last argument for no reason
And hid them
iMessage

I hadn't been planning on using this in a document as he claims, This was for me and my personal circle and had let them know I finally told my parents. He keeps claiming this never happened and I guess he will never own up to it, so I'll leave that there.

Alex claims that on this night we argue over him being in bed where he says “donkey kick his head and neck” is the night where he dragged me saying he “grabbed me” this whole story he tells is fabricated and two different nights. He also mentions the cat situation again and slips up, saying he is in bed talking to the cat. When the “cat” situation happened we were in the kitchen, he uses screenshots constantly from different conversations to create new ones.
Here is a conversation  where he takes me calling him horrible names and cuts out context to add it to this new story, like i have said many times everything i ever said to him was a reaction to shitty things he had said to me first, this was a massive trigger to me as i begged him to stop insulting me.

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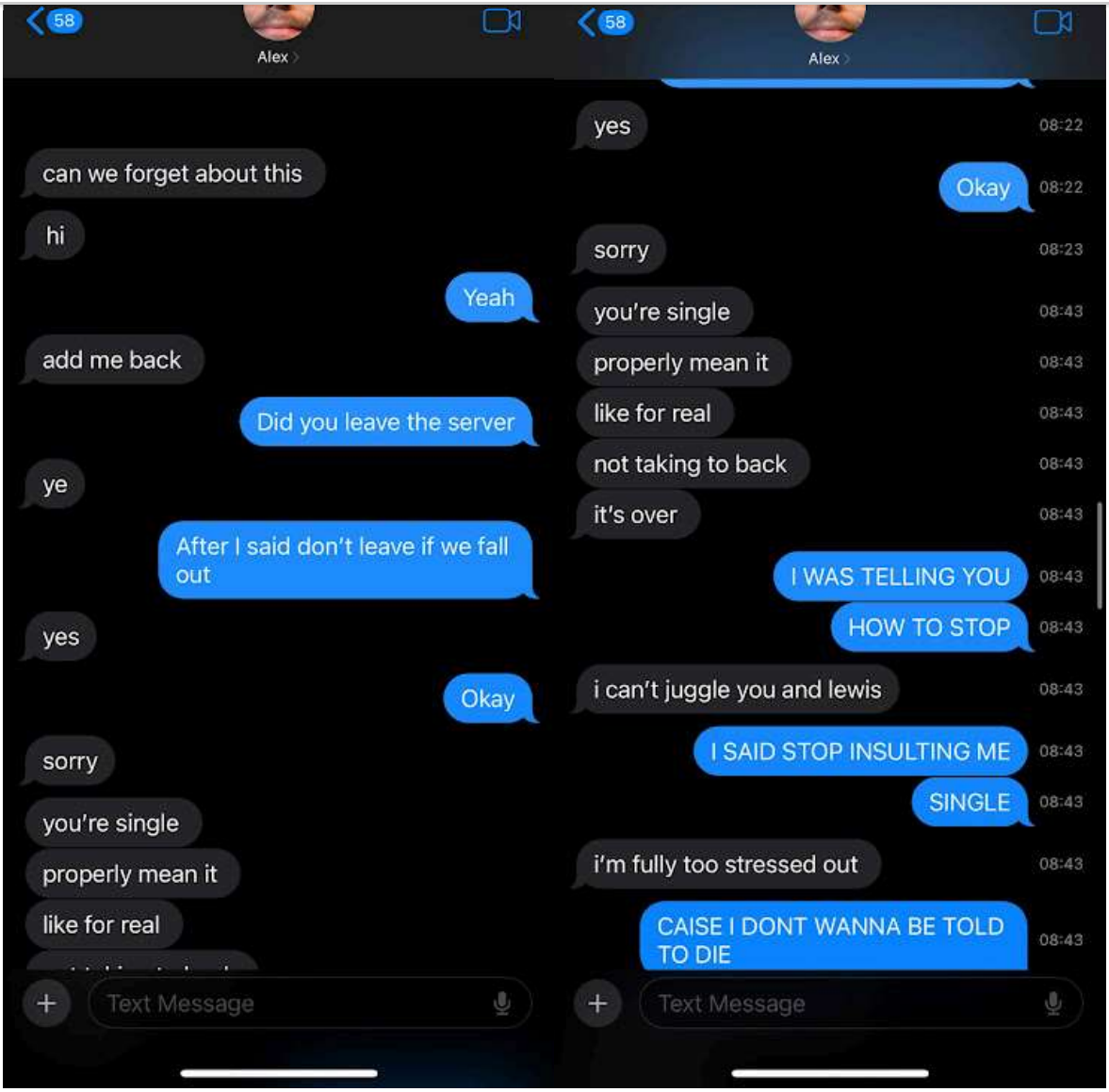


After the “sorry” message we called and it by no surprise went shitty.

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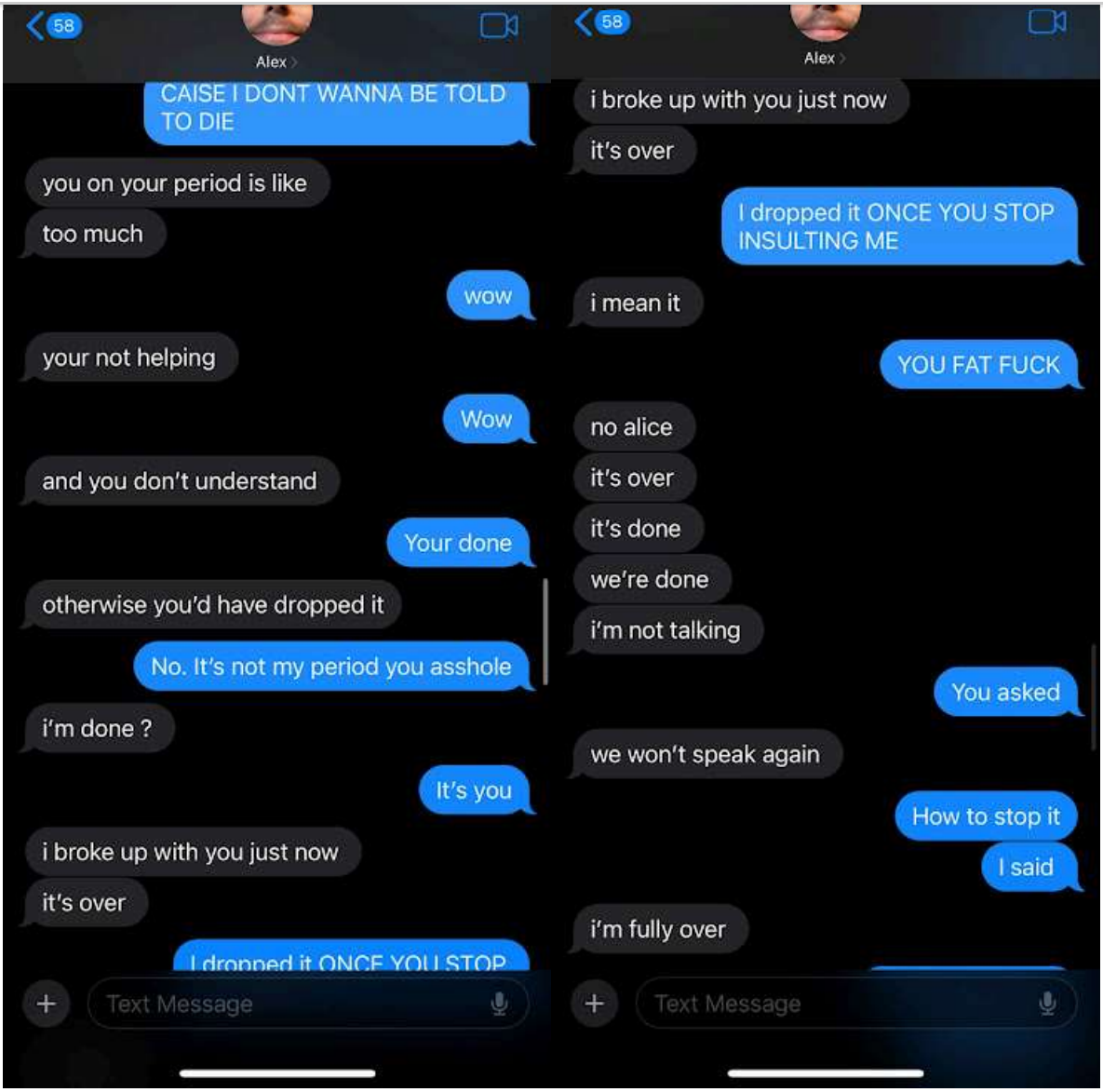

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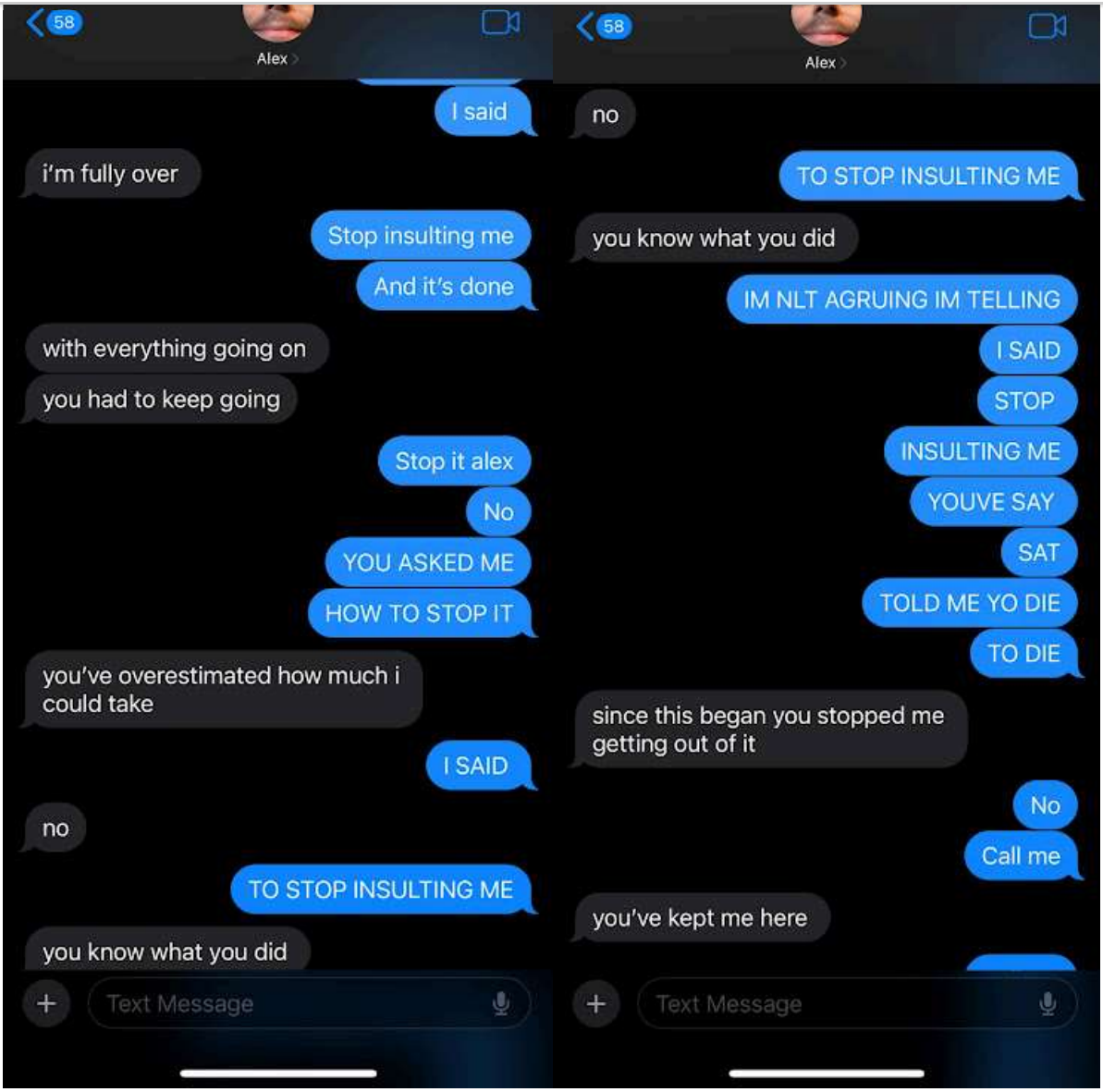

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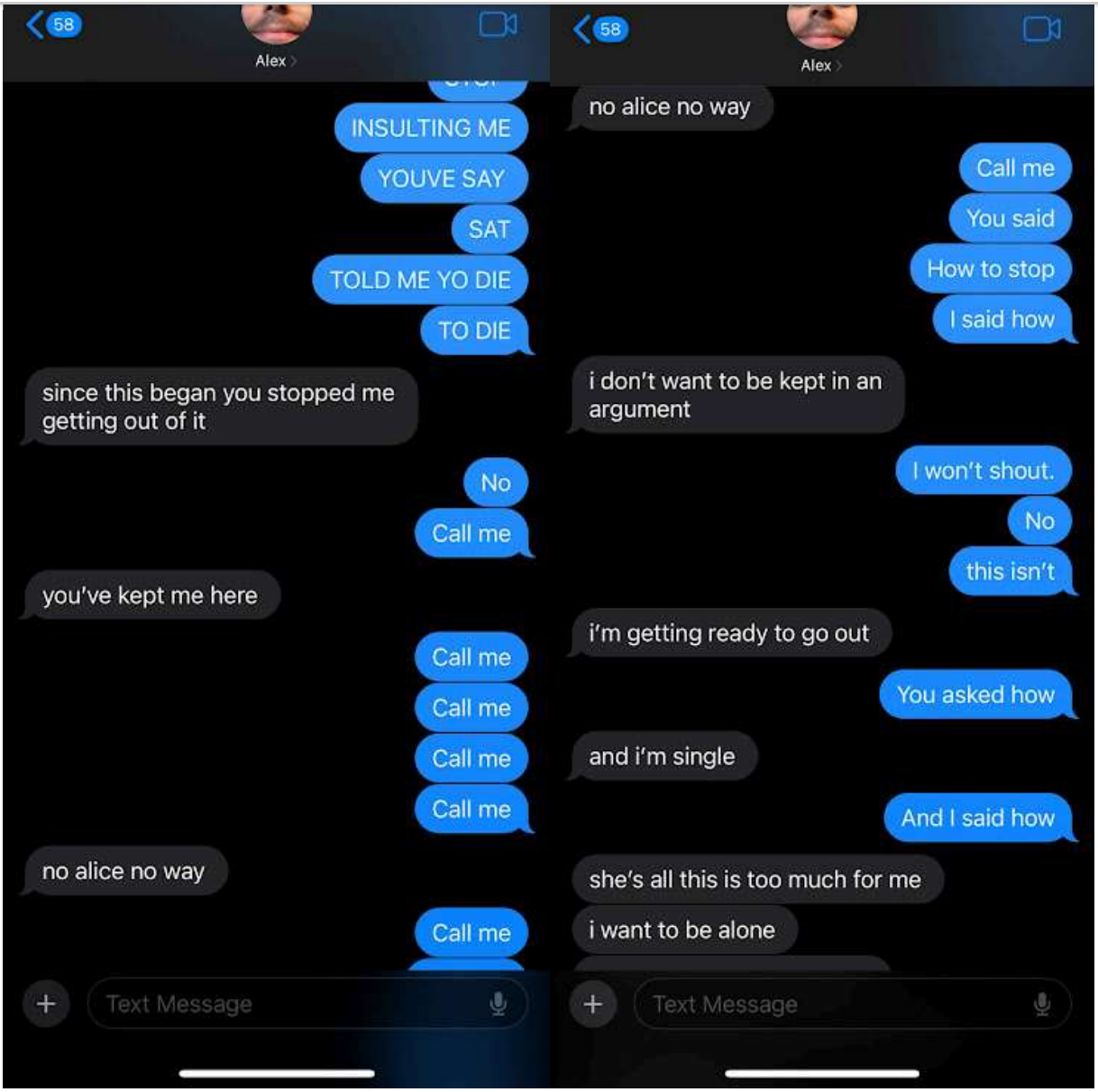

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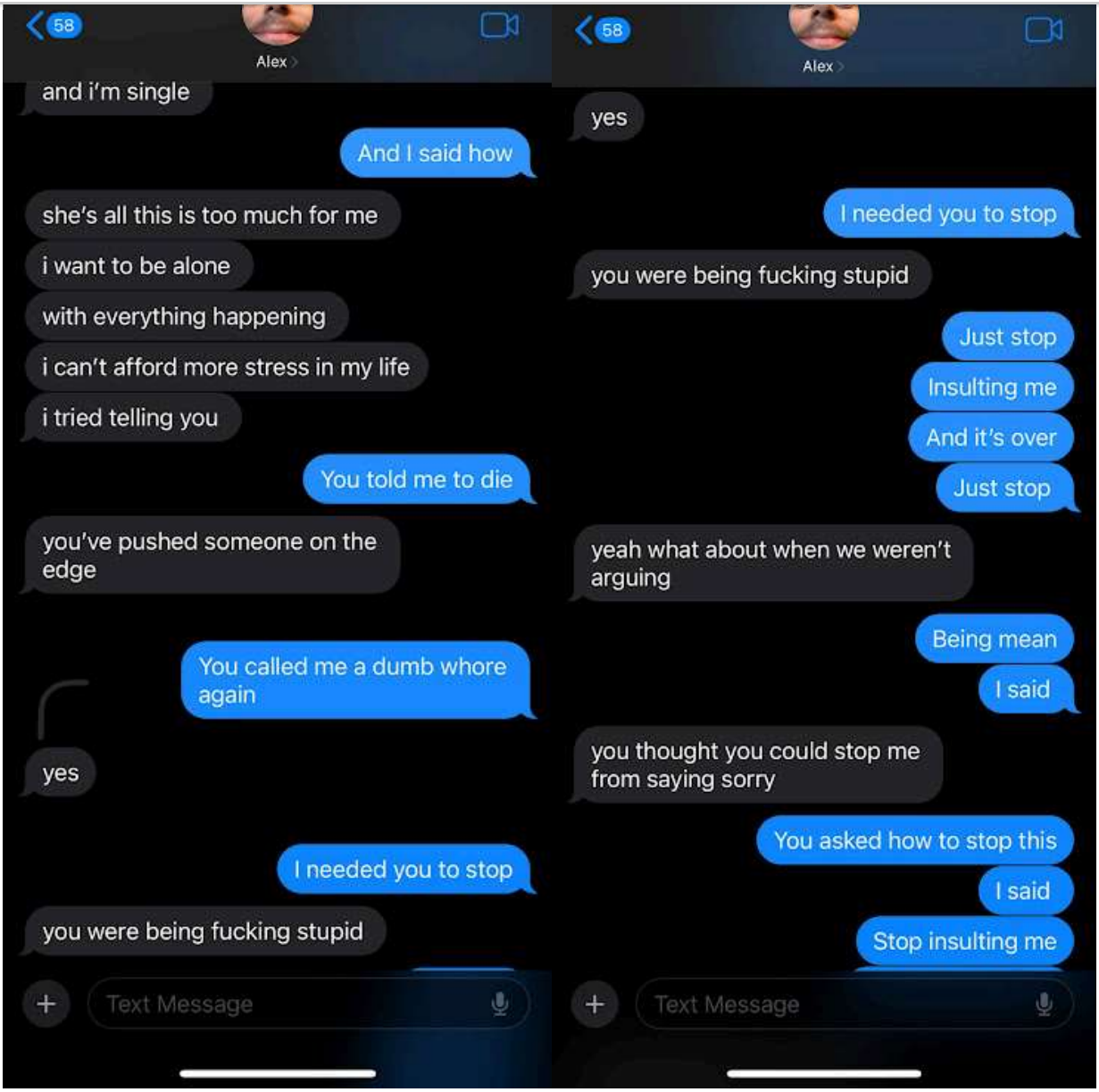

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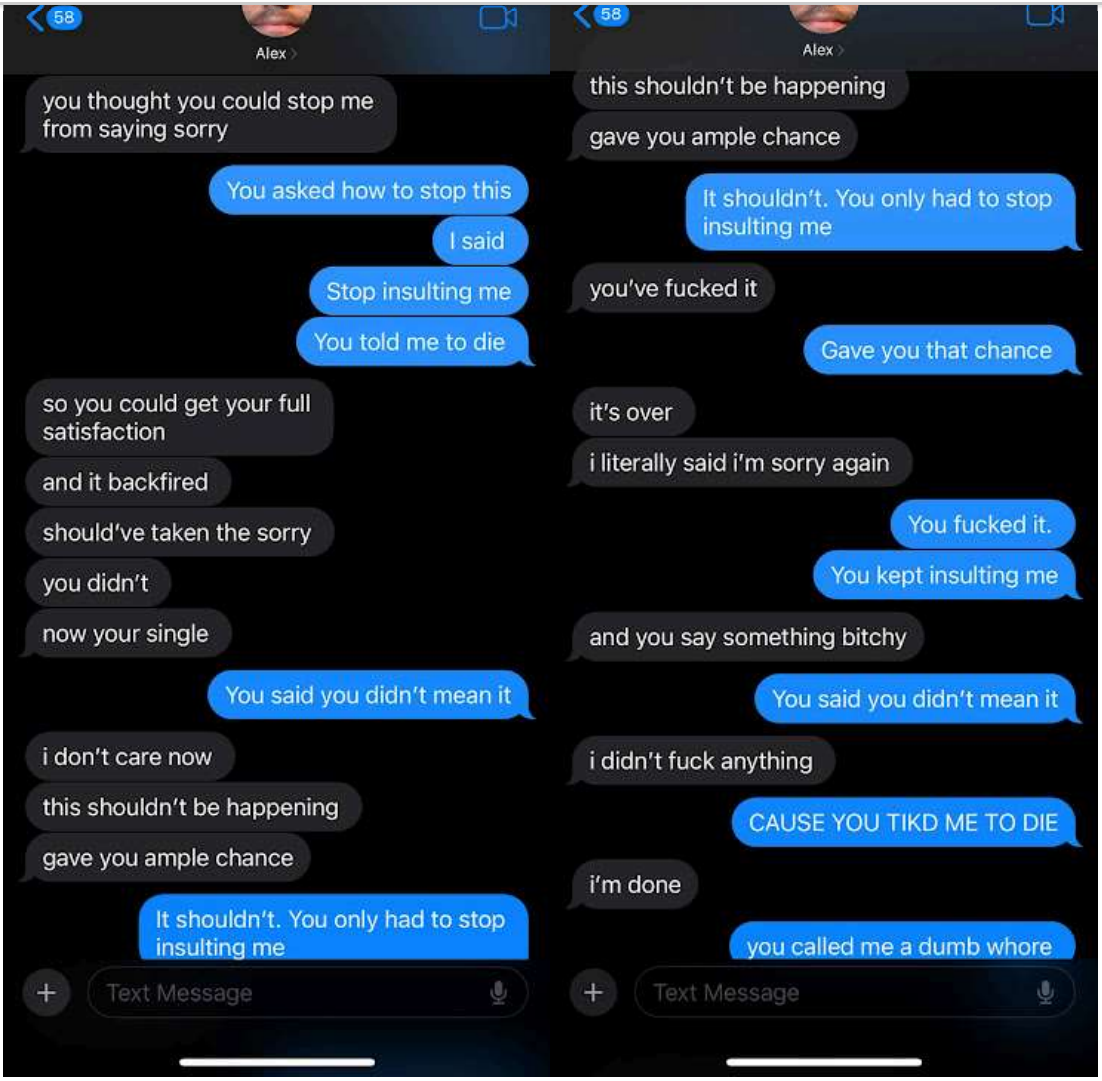
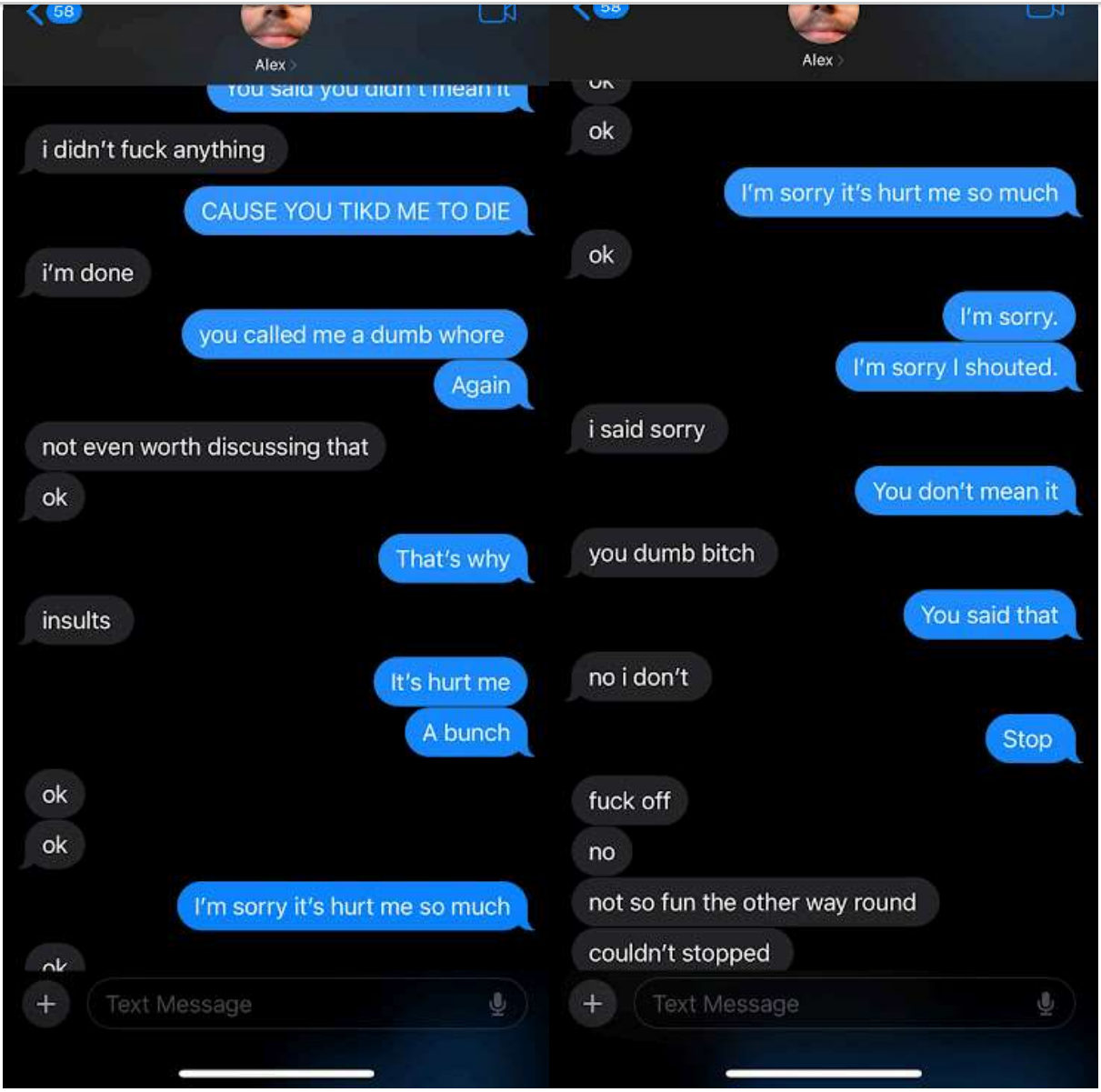

58
Alex
you thought you could stop me from saying sorry
You asked how to stop this
I said
Stop insulting me
You told me to die
so you could get your full satisfaction
and it backfired
should've taken the sorry
you didn't
now your single
You said you didn't mean it
i don't care now
this shouldn't be happening
gave you ample chance
It shouldn't. You only had to stop insulting me
Text Message
58
Alex
this shouldn't be happening
gave you ample chance
It shouldn't. You only had to stop insulting me
you've fucked it
Gave you that chance
it's over
i literally said i'm sorry again
You fucked it.
You kept insulting me
and you say something bitchy
You said you didn't mean it
i didn't fuck anything
CAUSE YOU TIKD ME TO DIE
i'm done
you called me a dumb whore
Text Message

# Response - Read First



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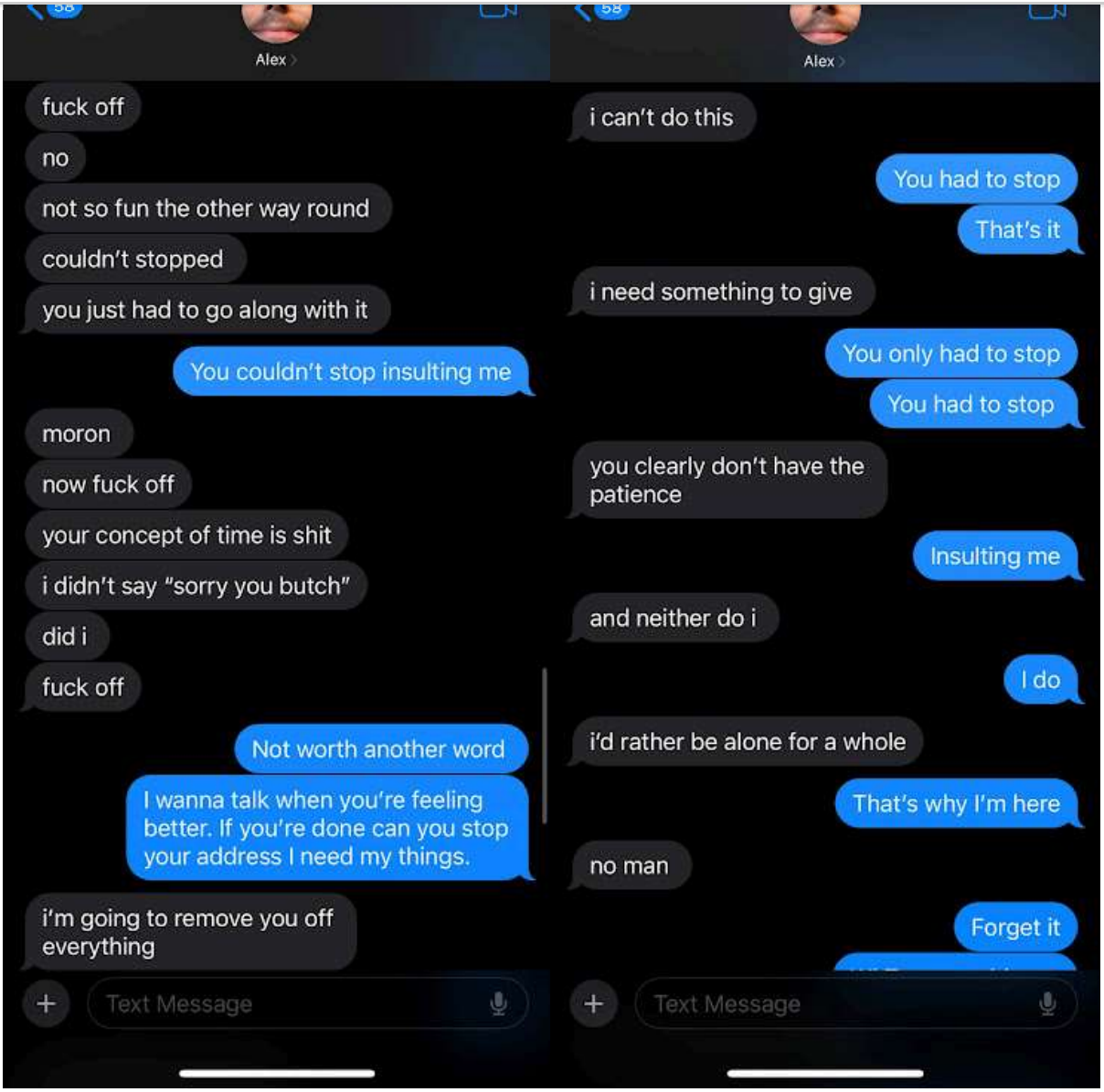
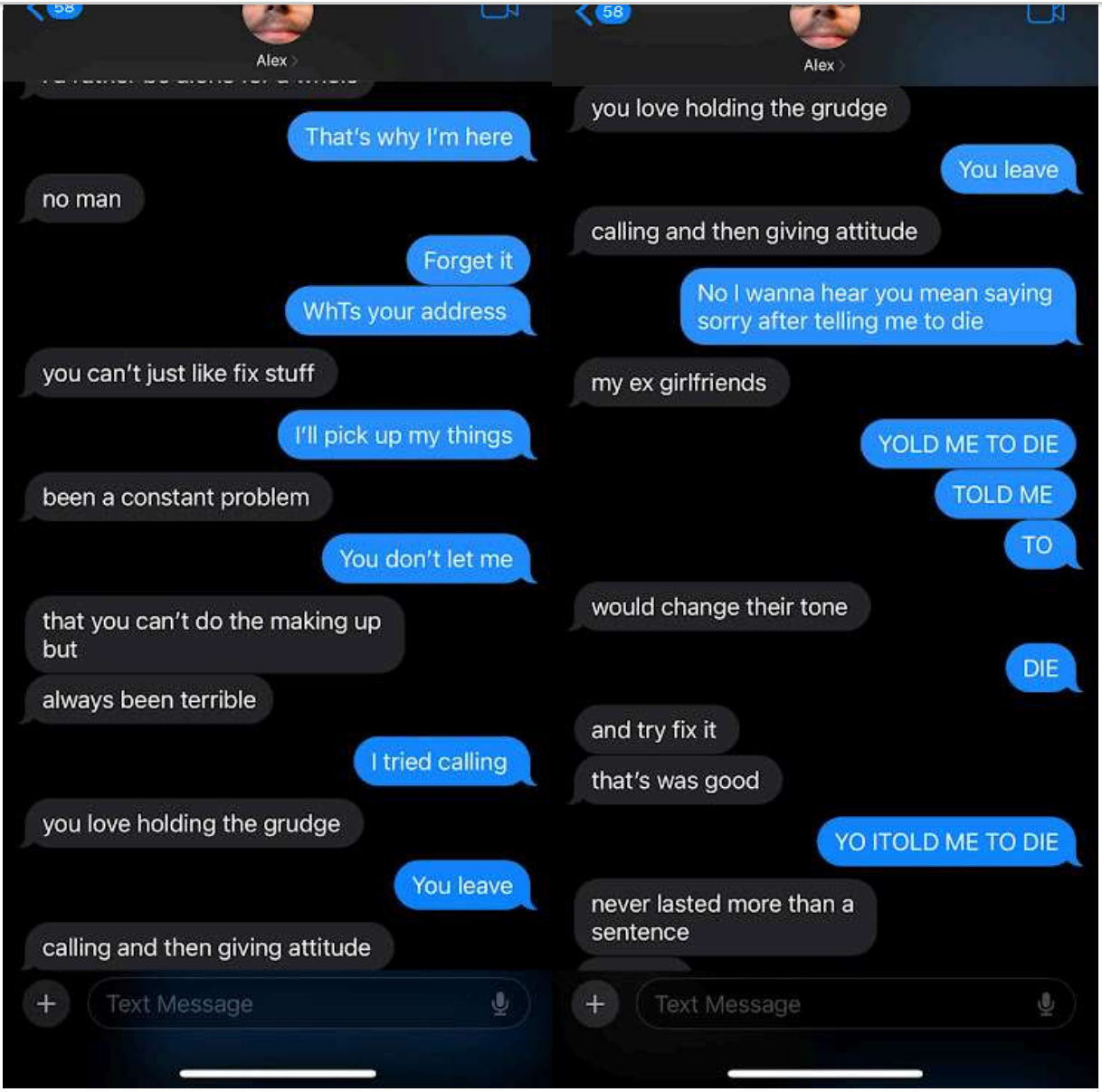

Alex
fuck off
no
not so fun the other way round
couldn't stopped
you just had to go along with it
You couldn't stop insulting me
moron
now fuck off
your concept of time is shit
i didn't say "sorry you butch"
did i
fuck off
Not worth another word
I wanna talk when you're feeling better. If you're done can you stop your address I need my things.
i'm going to remove you off everything
Text Message
Alex
i can't do this
You had to stop
That's it
i need something to give
You only had to stop
You had to stop
you clearly don't have the patience
Insulting me
and neither do i
I do
i'd rather be alone for a whole
That's why I'm here
no man
Forget it
Text Message

# Response - Read First



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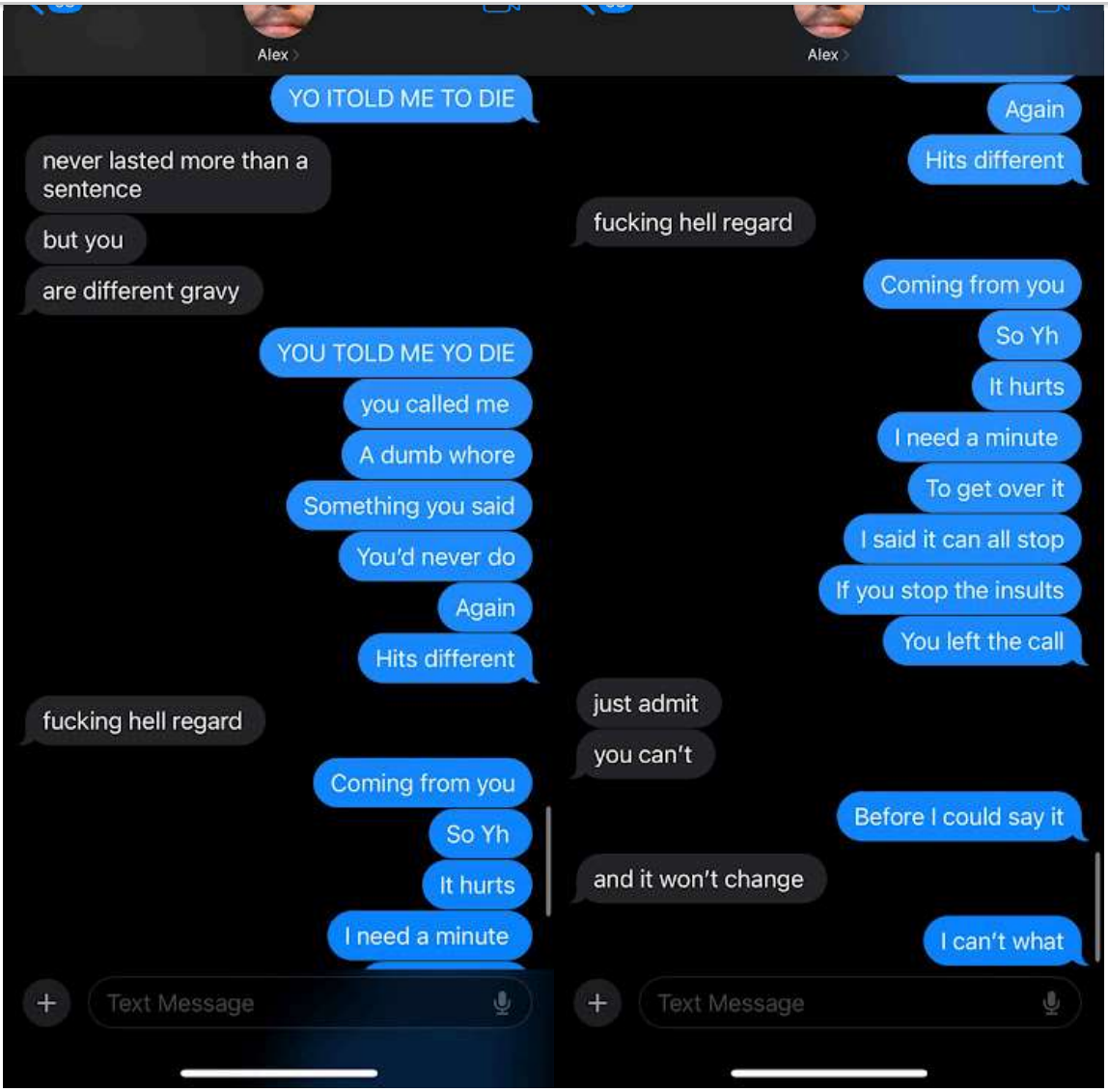

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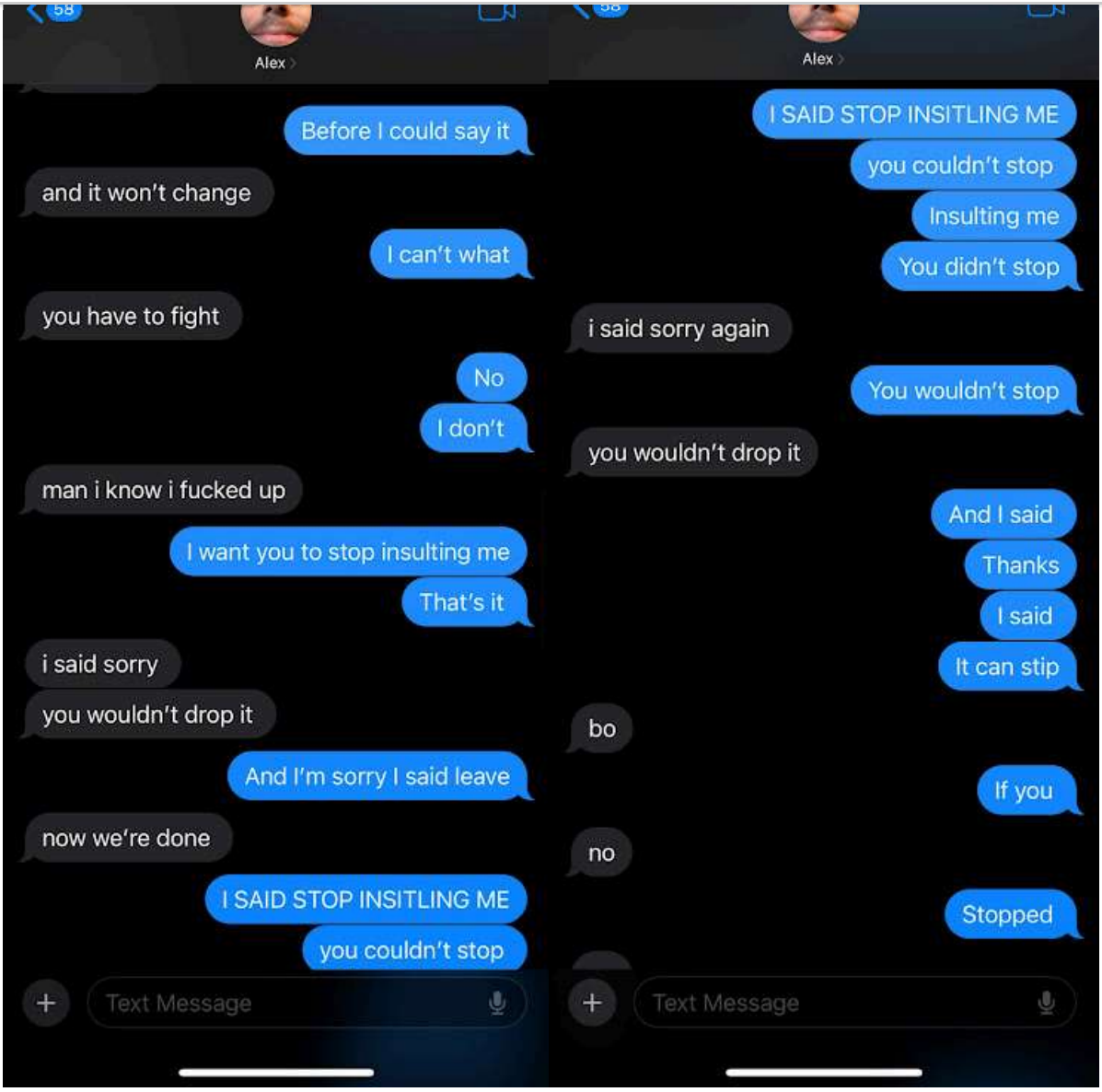

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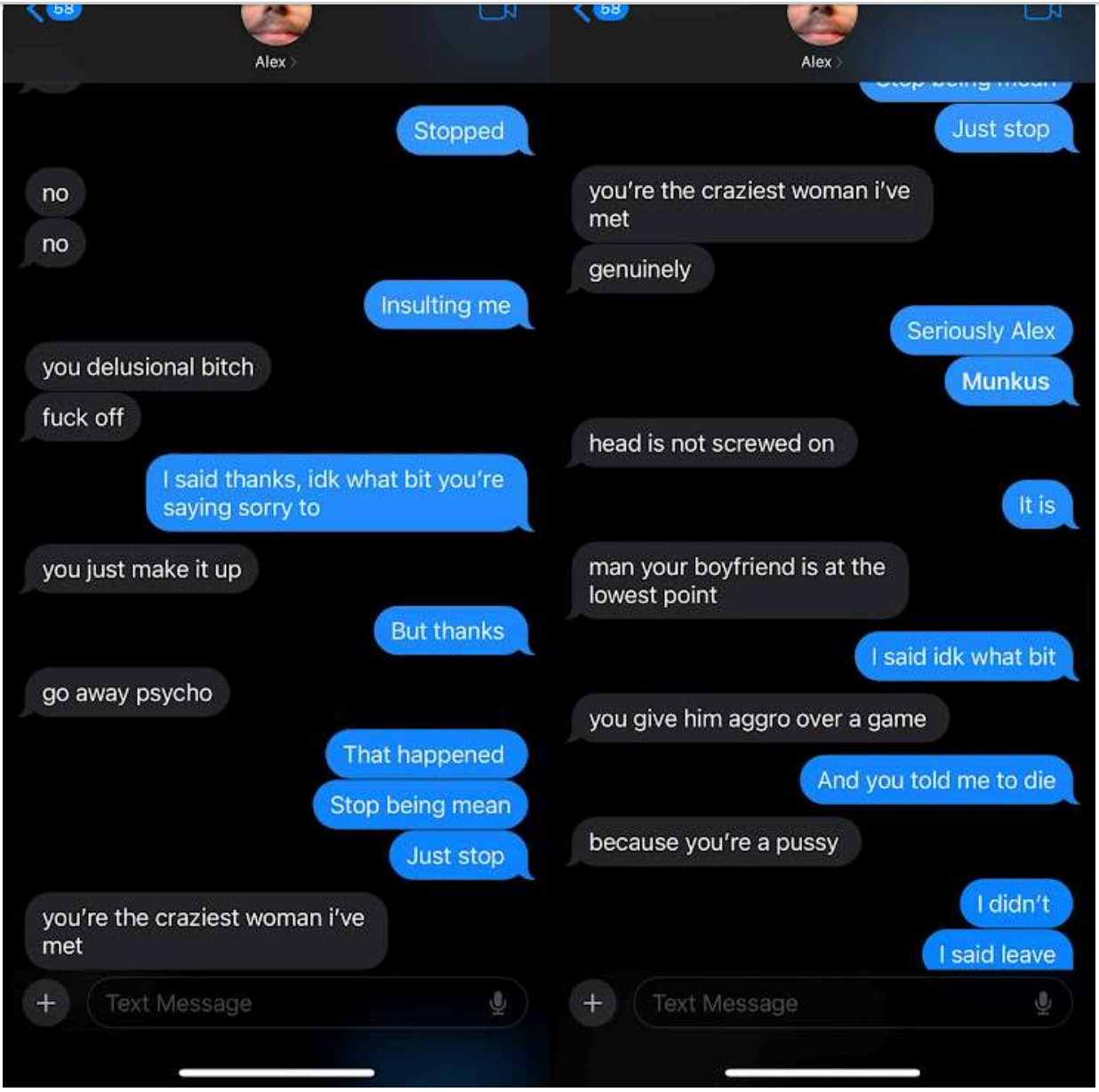

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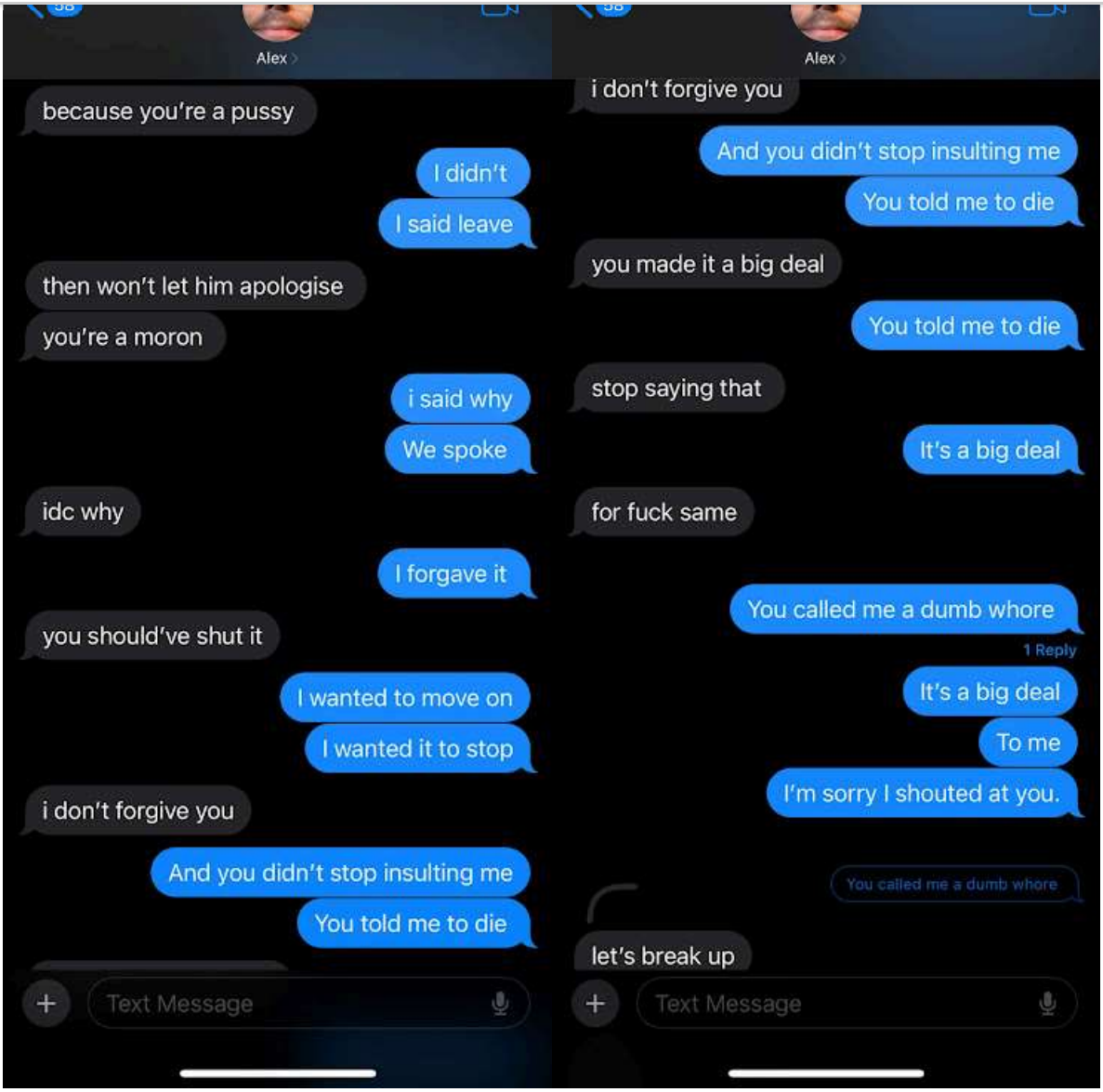

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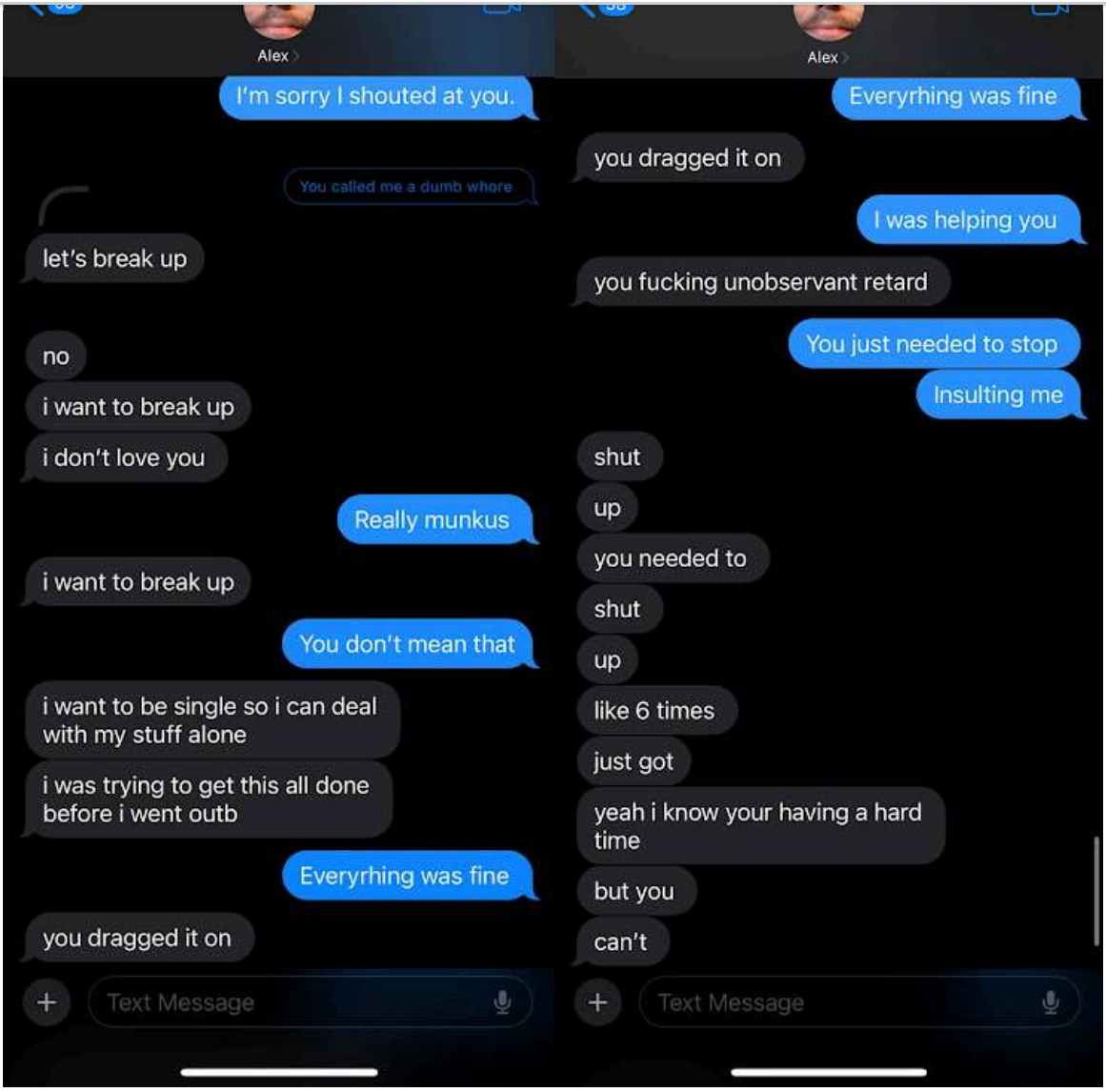

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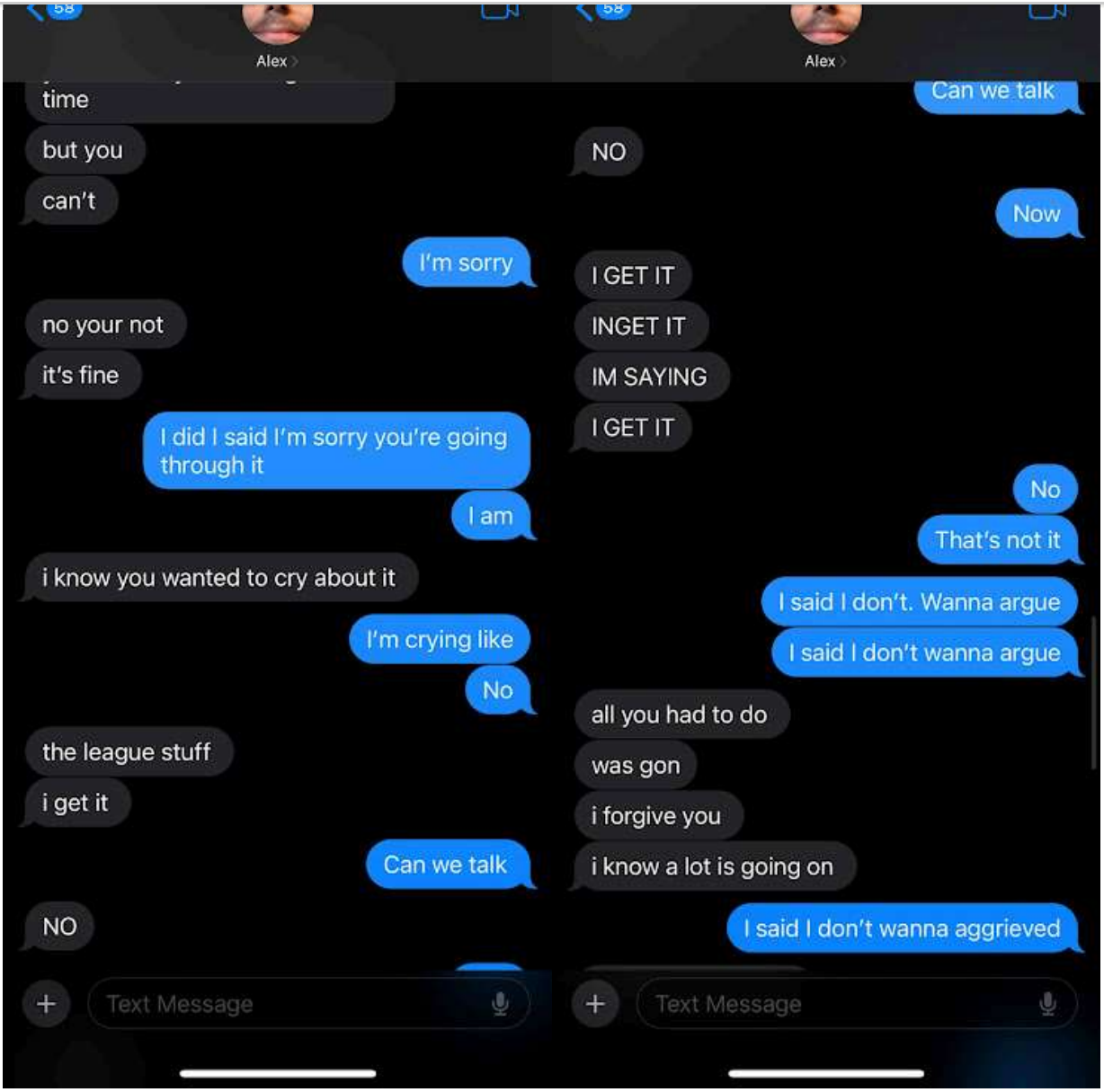

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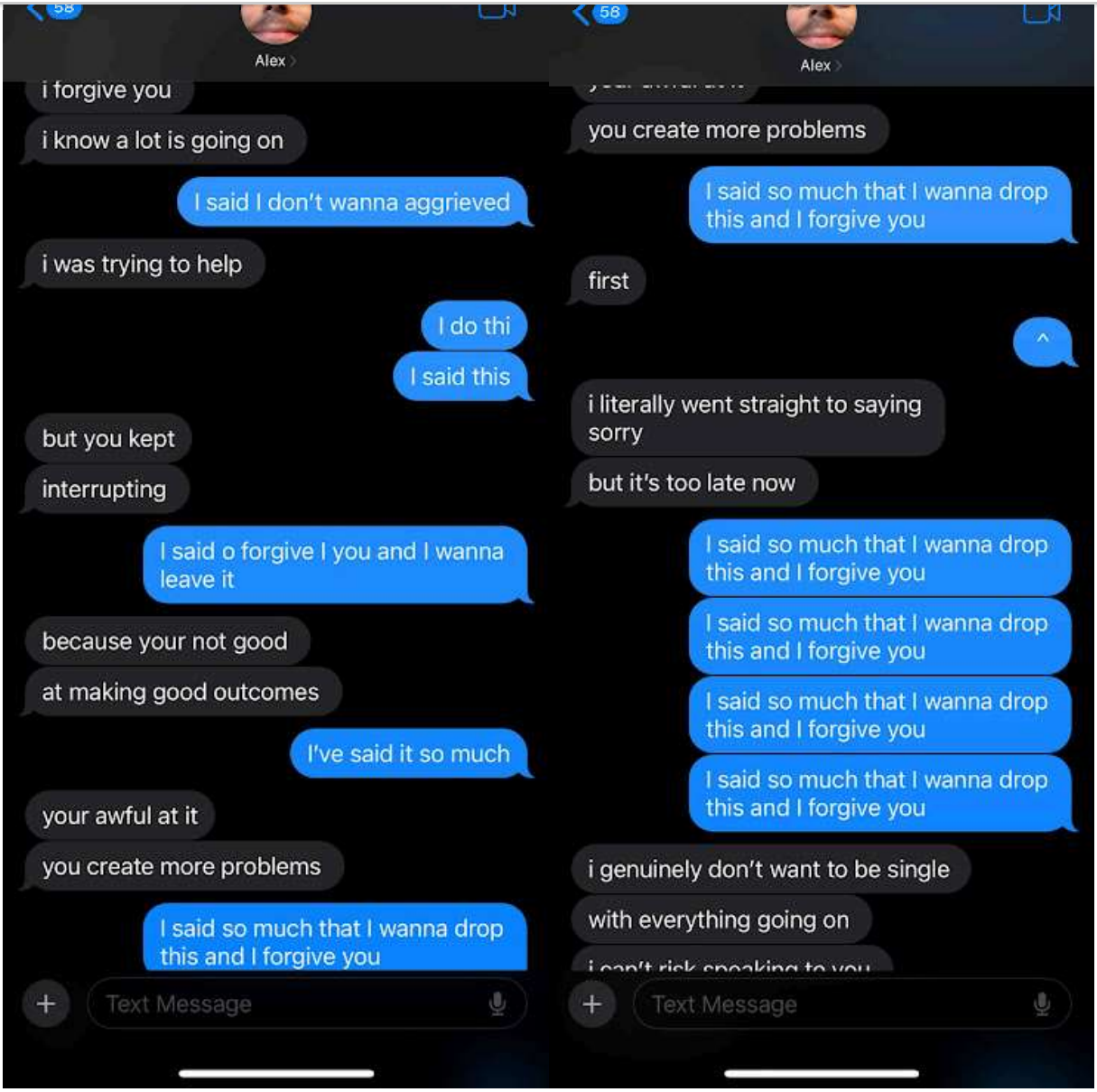
58
Alex
i forgive you
i know a lot is going on
I said I don't wanna aggrieved
i was trying to help
I do thi
I said this
but you kept
interrupting
I said o forgive I you and I wanna leave it
because your not good
at making good outcomes
I've said it so much
your awful at it
you create more problems
I said so much that I wanna drop this and I forgive you
Text Message
58
Alex
you create more problems
I said so much that I wanna drop this and I forgive you
first
^
i literally went straight to saying sorry
but it's too late now
I said so much that I wanna drop this and I forgive you
I said so much that I wanna drop this and I forgive you
I said so much that I wanna drop this and I forgive you
I said so much that I wanna drop this and I forgive you
i genuinely don't want to be single
with everything going on
Text Message

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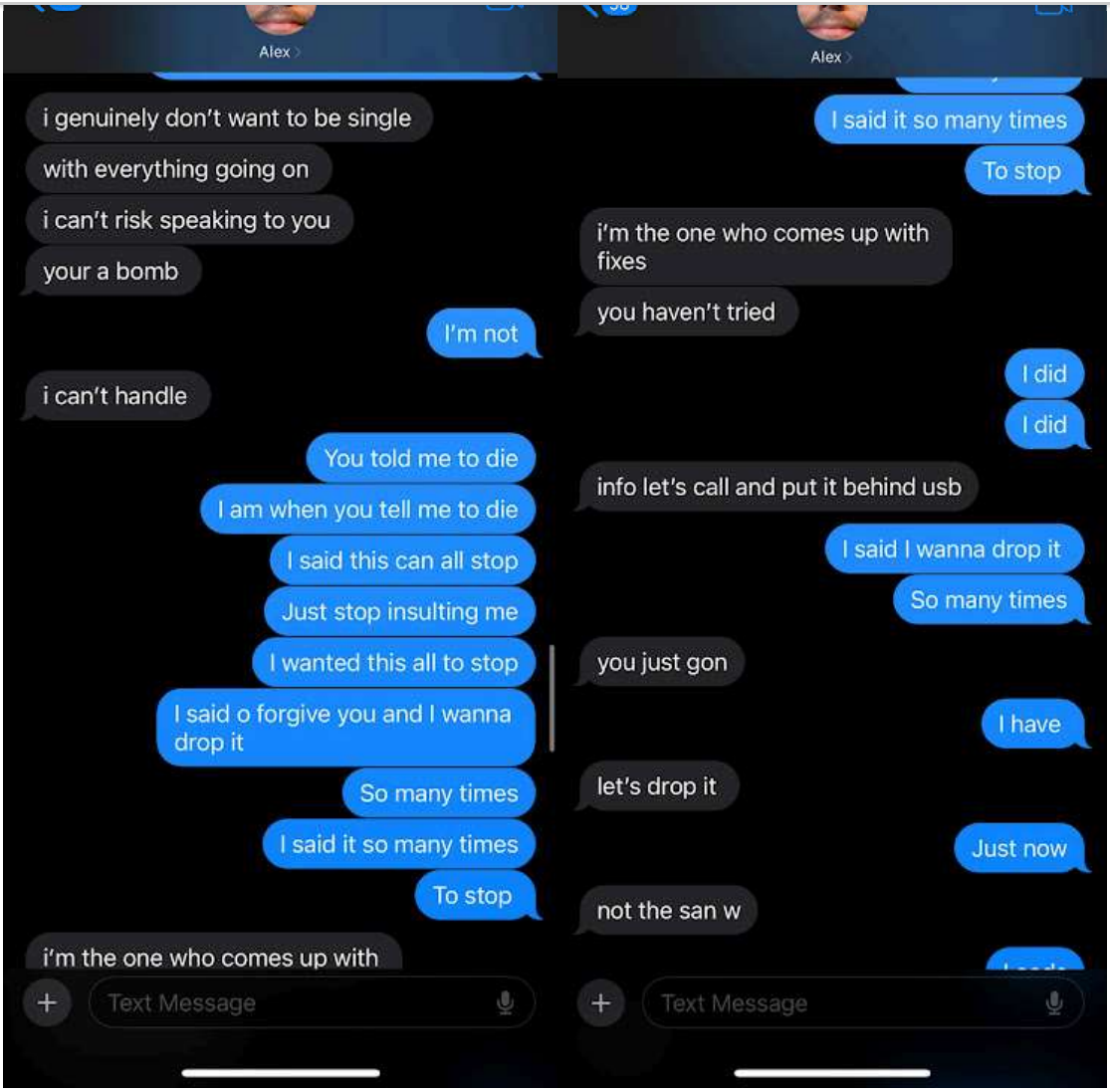
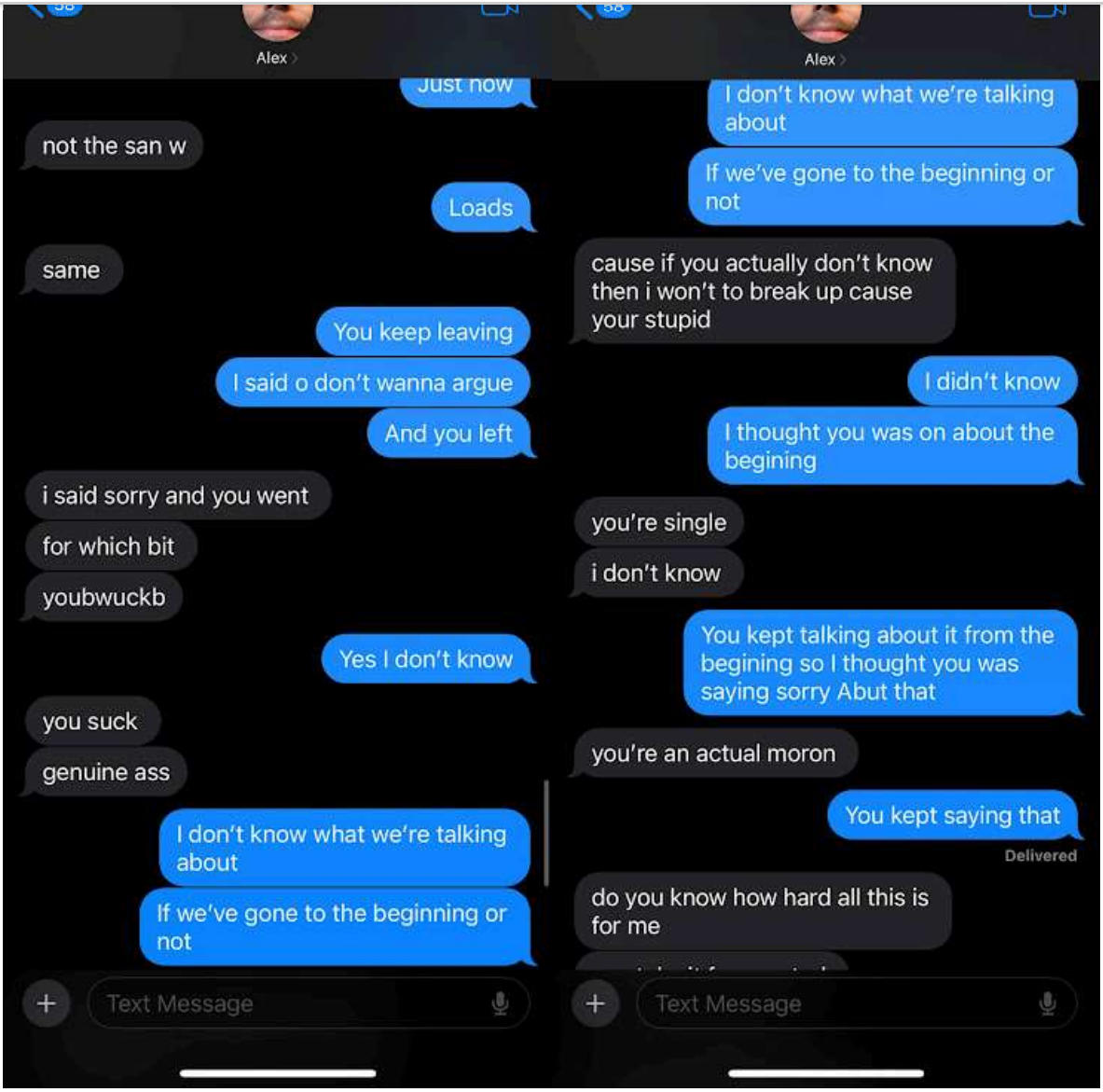
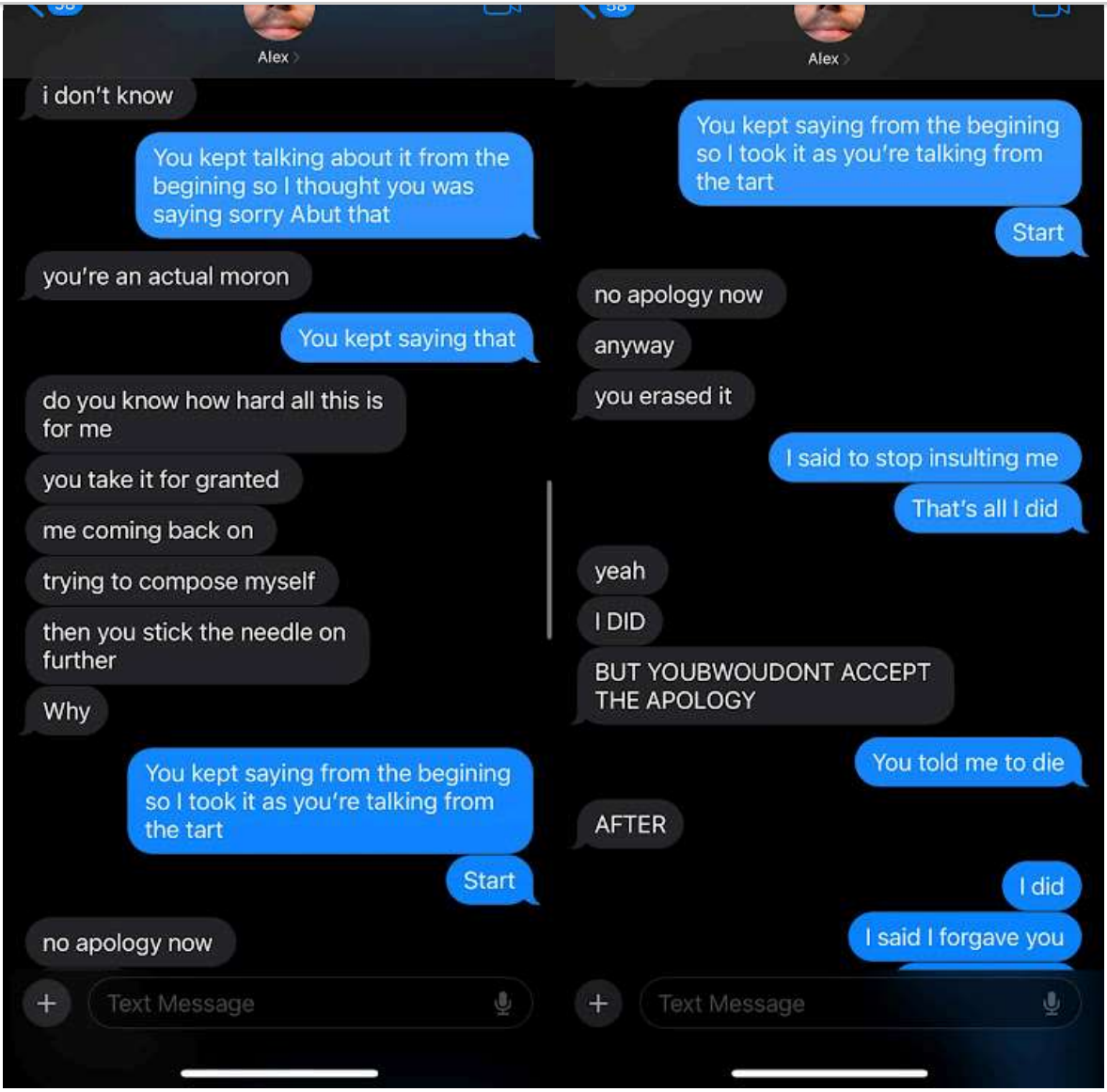

Alex
i genuinely don't want to be single
with everything going on
i can't risk speaking to you
your a bomb
I'm not
i can't handle
You told me to die
I am when you tell me to die
I said this can all stop
Just stop insulting me
I wanted this all to stop
I said o forgive you and I wanna drop it
So many times
I said it so many times
To stop
i'm the one who comes up with
Text Message
Alex
I said it so many times
To stop
i'm the one who comes up with fixes
you haven't tried
I did
I did
info let's call and put it behind usb
I said I wanna drop it
So many times
you just gon
I have
let's drop it
Just now
not the san w
Text Message

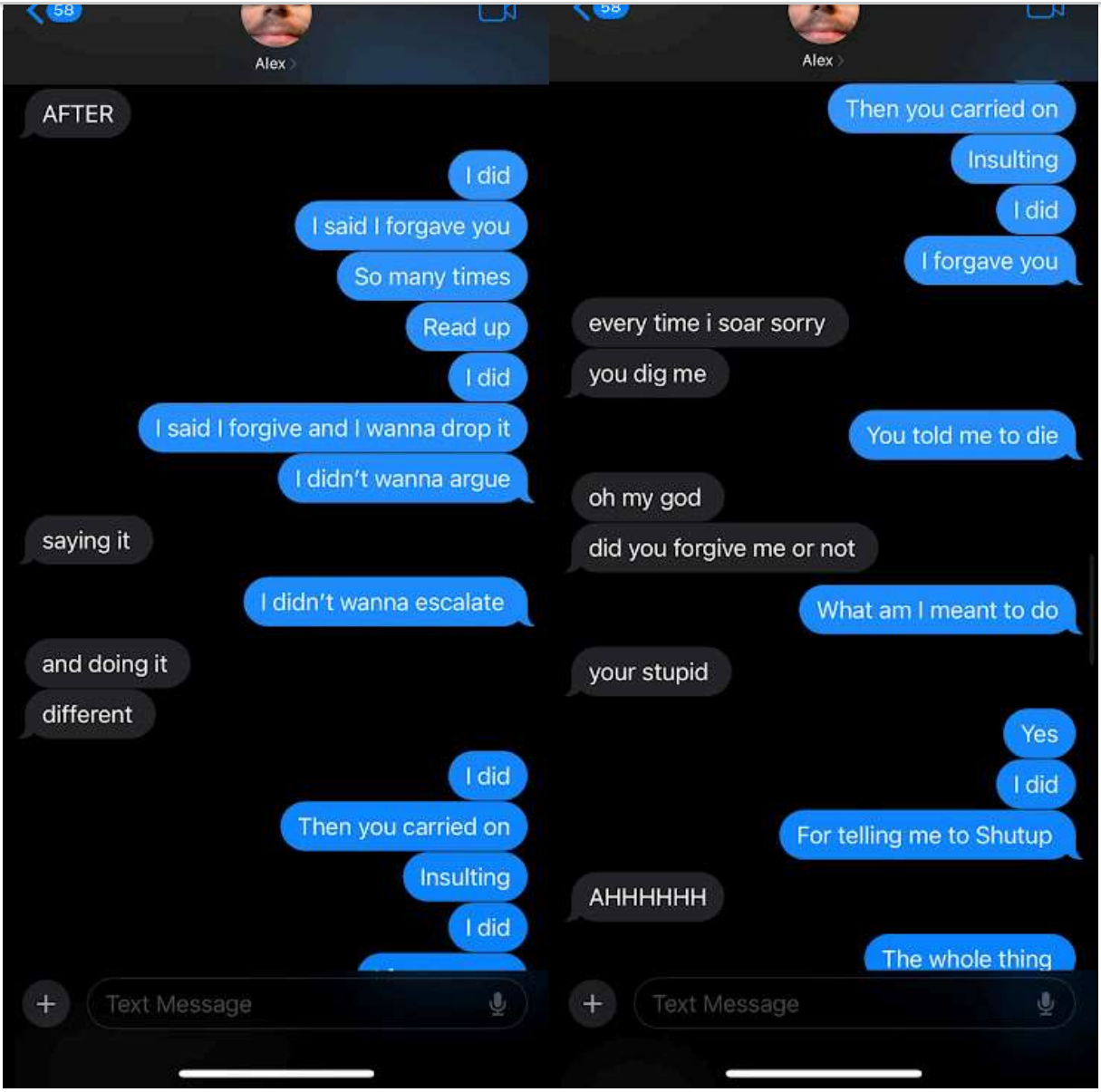
# Response - Read First


Alex
Just now
not the san w
Loads
same
You keep leaving
I said o don't wanna argue
And you left
i said sorry and you went
for which bit
youbwuckb
Yes I don't know
you suck
genuine ass
I don't know what we're talking about
If we've gone to the beginning or not
Text Message
Alex
I don't know what we're talking about
If we've gone to the beginning or not
cause if you actually don't know then i won't to break up cause your stupid
I didn't know
I thought you was on about the begining
you're single
i don't know
You kept talking about it from the begining so I thought you was saying sorry Abut that
you're an actual moron
You kept saying that
Delivered
do you know how hard all this is for me
Text Message

# Response - Read First


Alex
i don't know
You kept talking about it from the begining so I thought you was saying sorry Abut that
you're an actual moron
You kept saying that
do you know how hard all this is for me
you take it for granted
me coming back on
trying to compose myself
then you stick the needle on further
Why
You kept saying from the begining so I took it as you're talking from the tart
Start
no apology now
Text Message
Alex
You kept saying from the begining so I took it as you're talking from the tart
Start
no apology now
anyway
you erased it
I said to stop insulting me
That's all I did
yeah
I DID
BUT YOUBWOUDONT ACCEPT THE APOLOGY
You told me to die
AFTER
I did
I said I forgave you
Text Message

# Response - Read First



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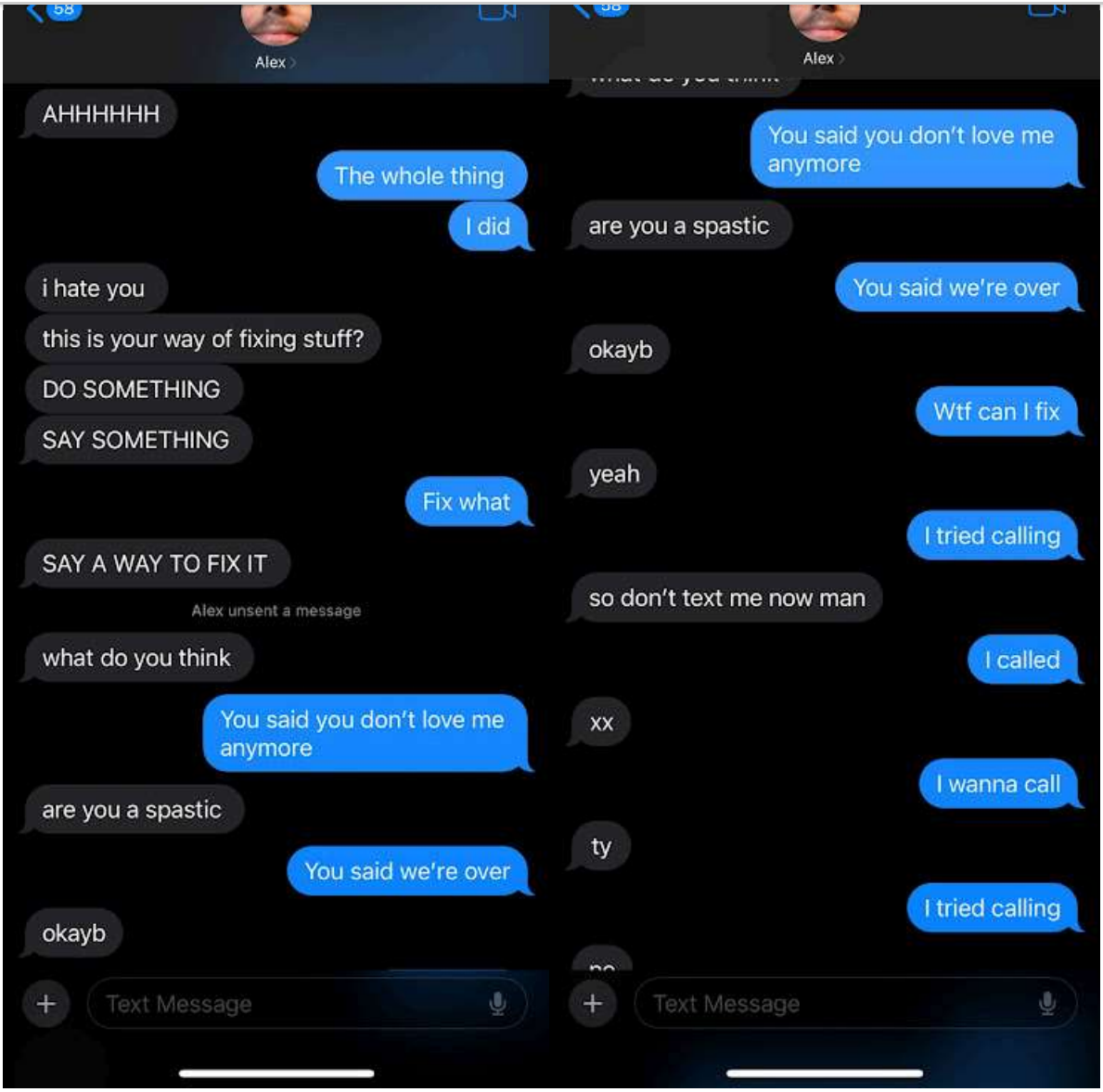

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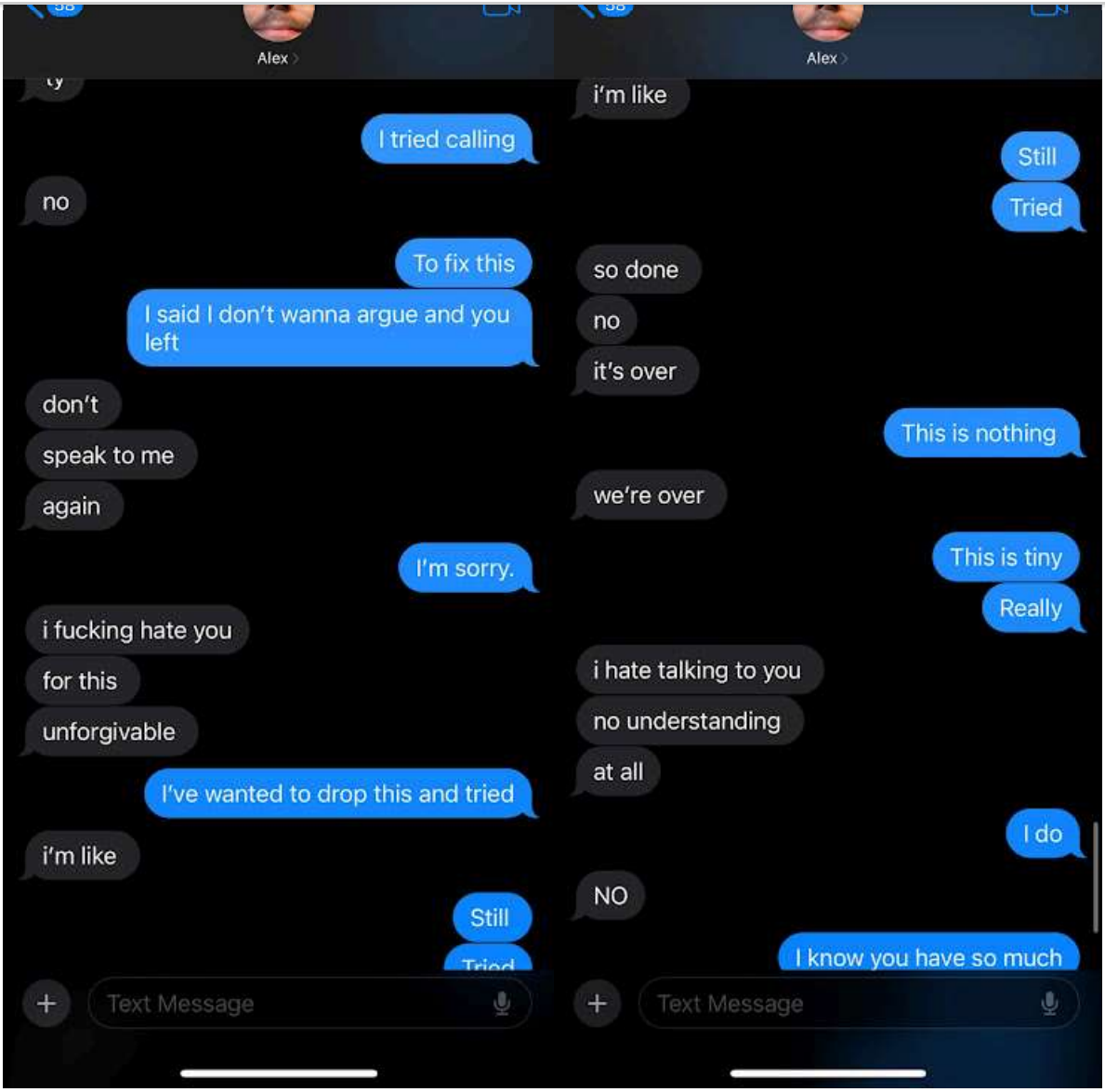

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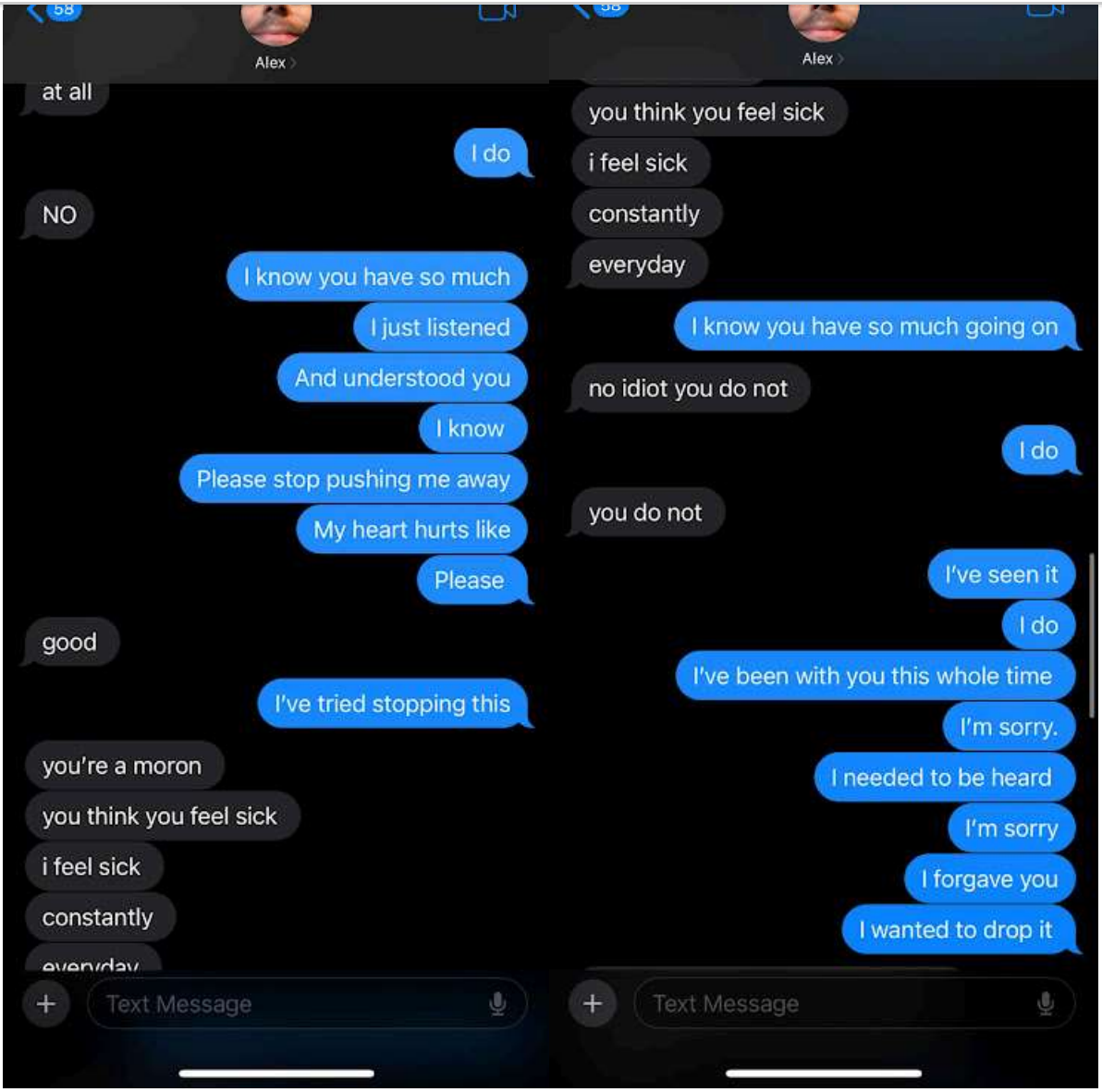

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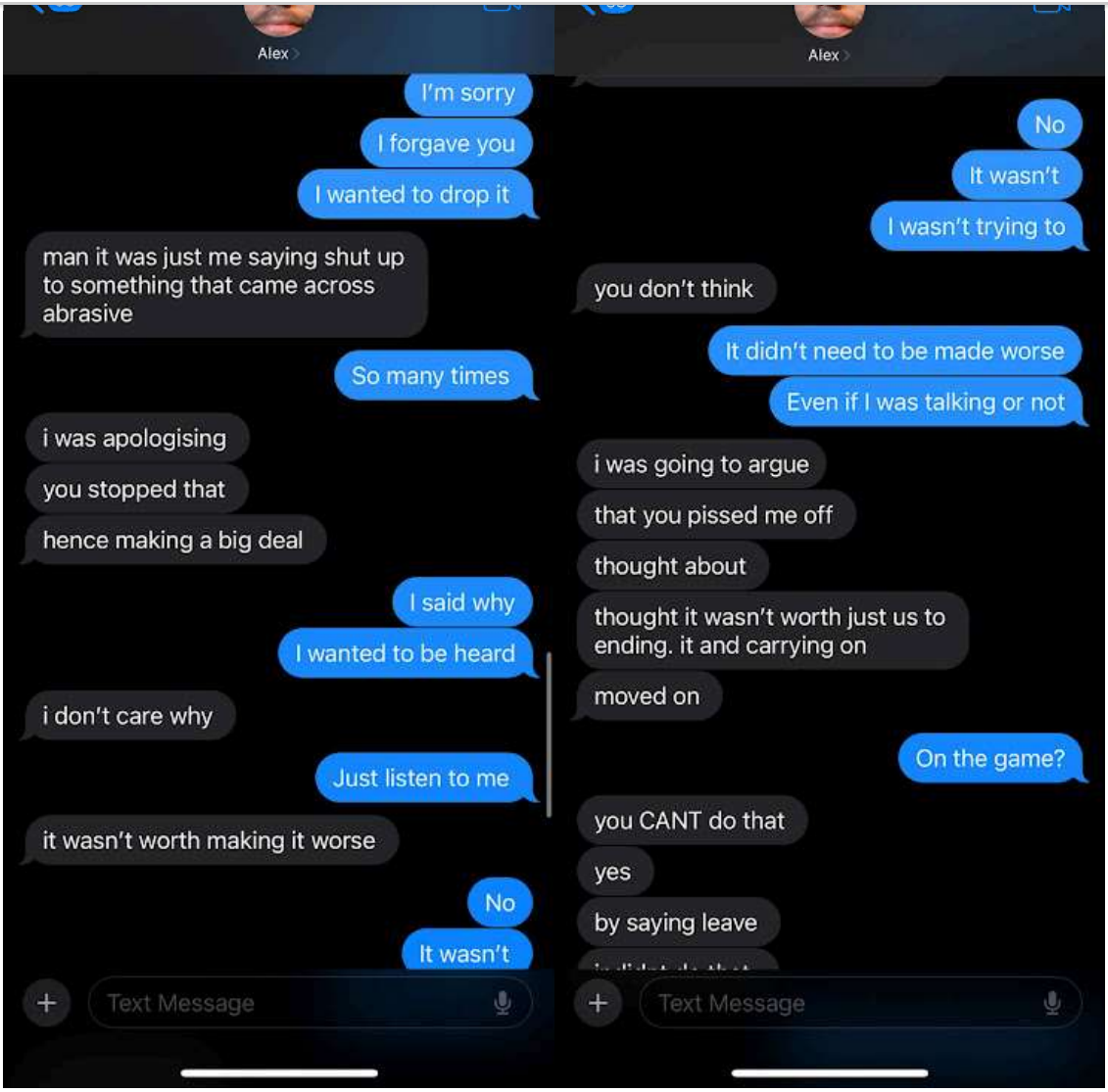

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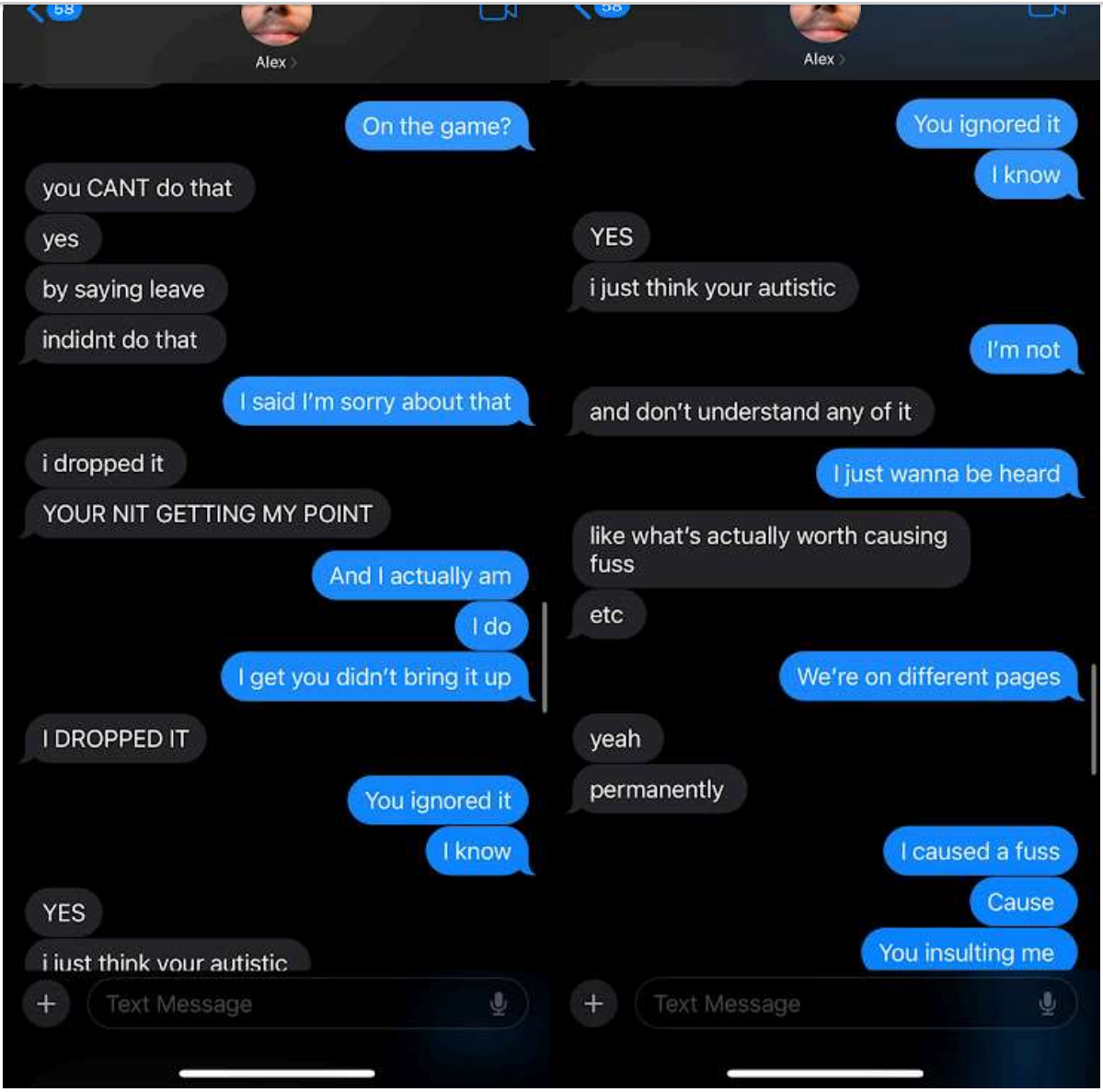

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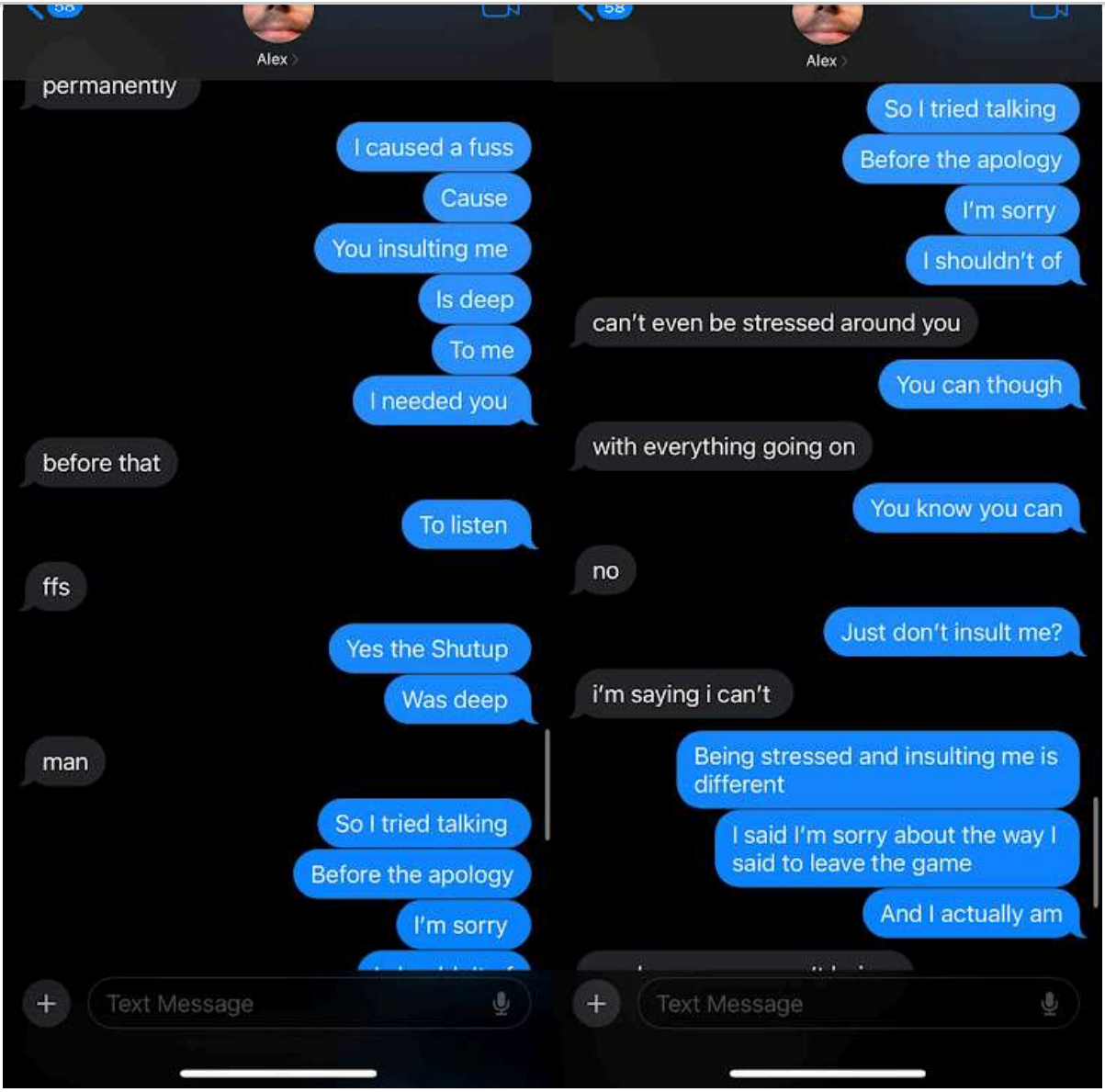

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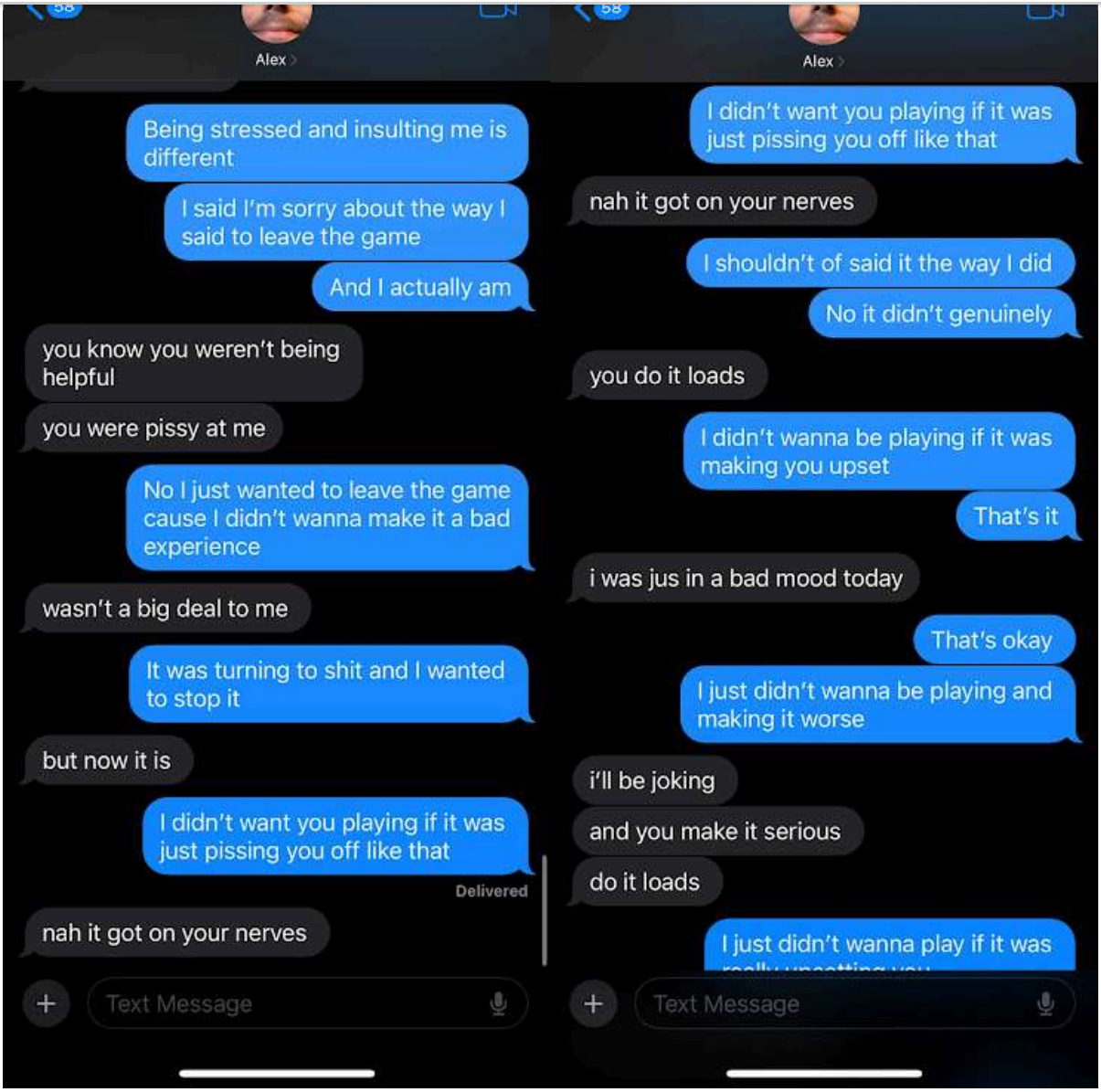
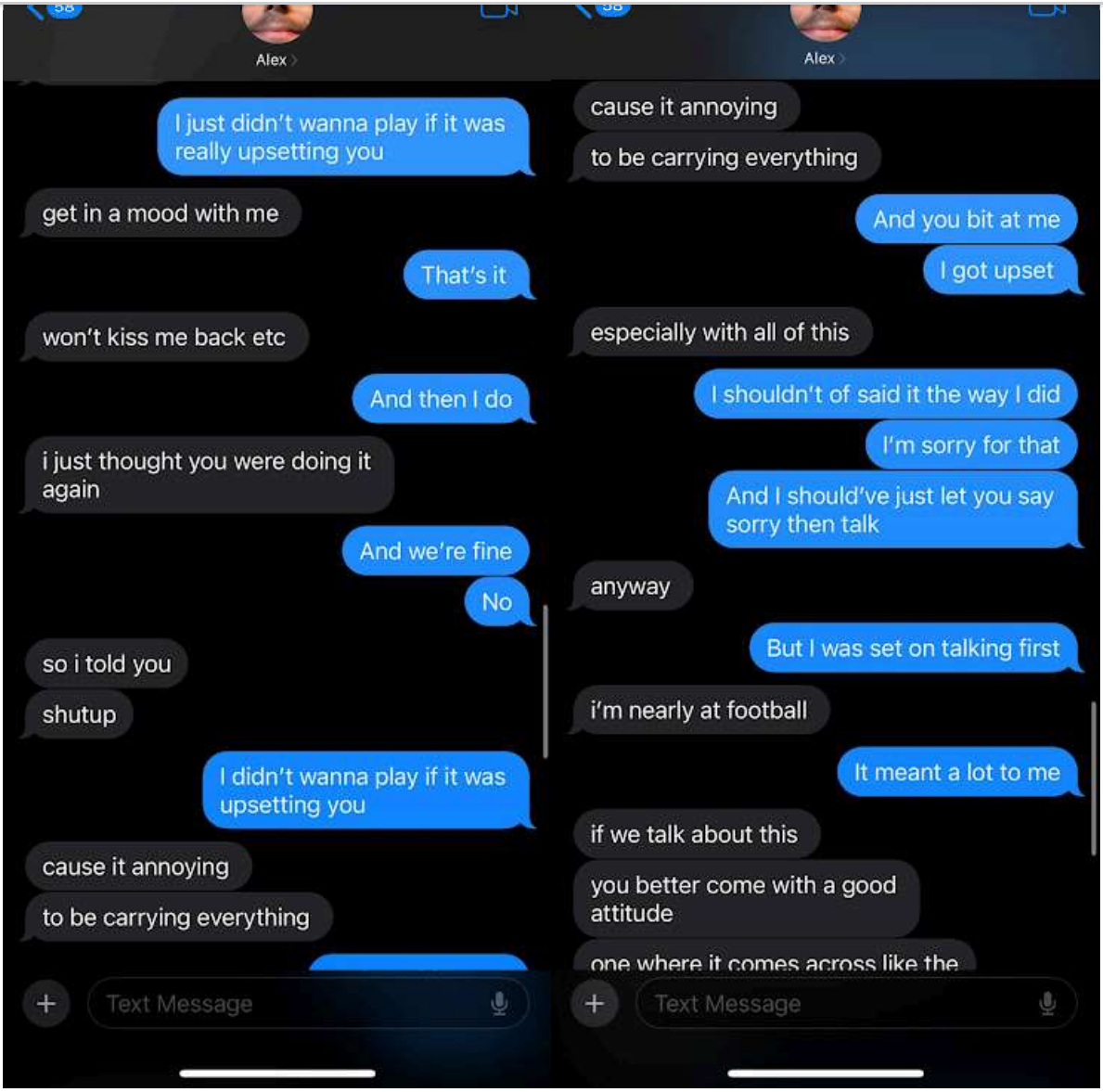
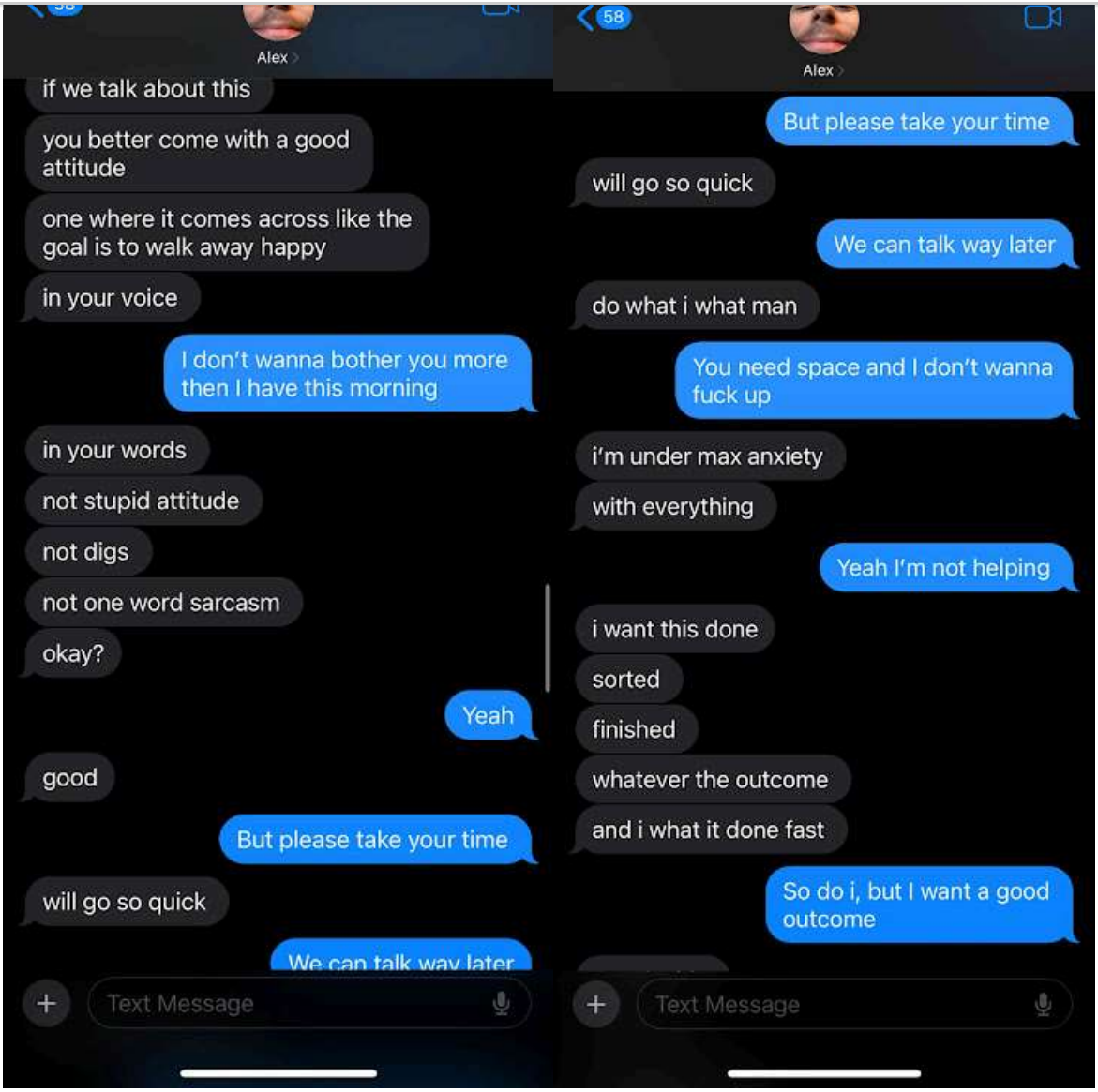

Alex
Being stressed and insulting me is different
I said I'm sorry about the way I said to leave the game
And I actually am
you know you weren't being helpful
you were pissy at me
No I just wanted to leave the game cause I didn't wanna make it a bad experience
wasn't a big deal to me
It was turning to shit and I wanted to stop it
but now it is
I didn't want you playing if it was just pissing you off like that
Delivered
nah it got on your nerves
Text Message
Alex
I didn't want you playing if it was just pissing you off like that
nah it got on your nerves
I shouldn't of said it the way I did
No it didn't genuinely
you do it loads
I didn't wanna be playing if it was making you upset
That's it
i was jus in a bad mood today
That's okay
I just didn't wanna be playing and making it worse
i'll be joking
and you make it serious
do it loads
I just didn't wanna play if it was
Text Message

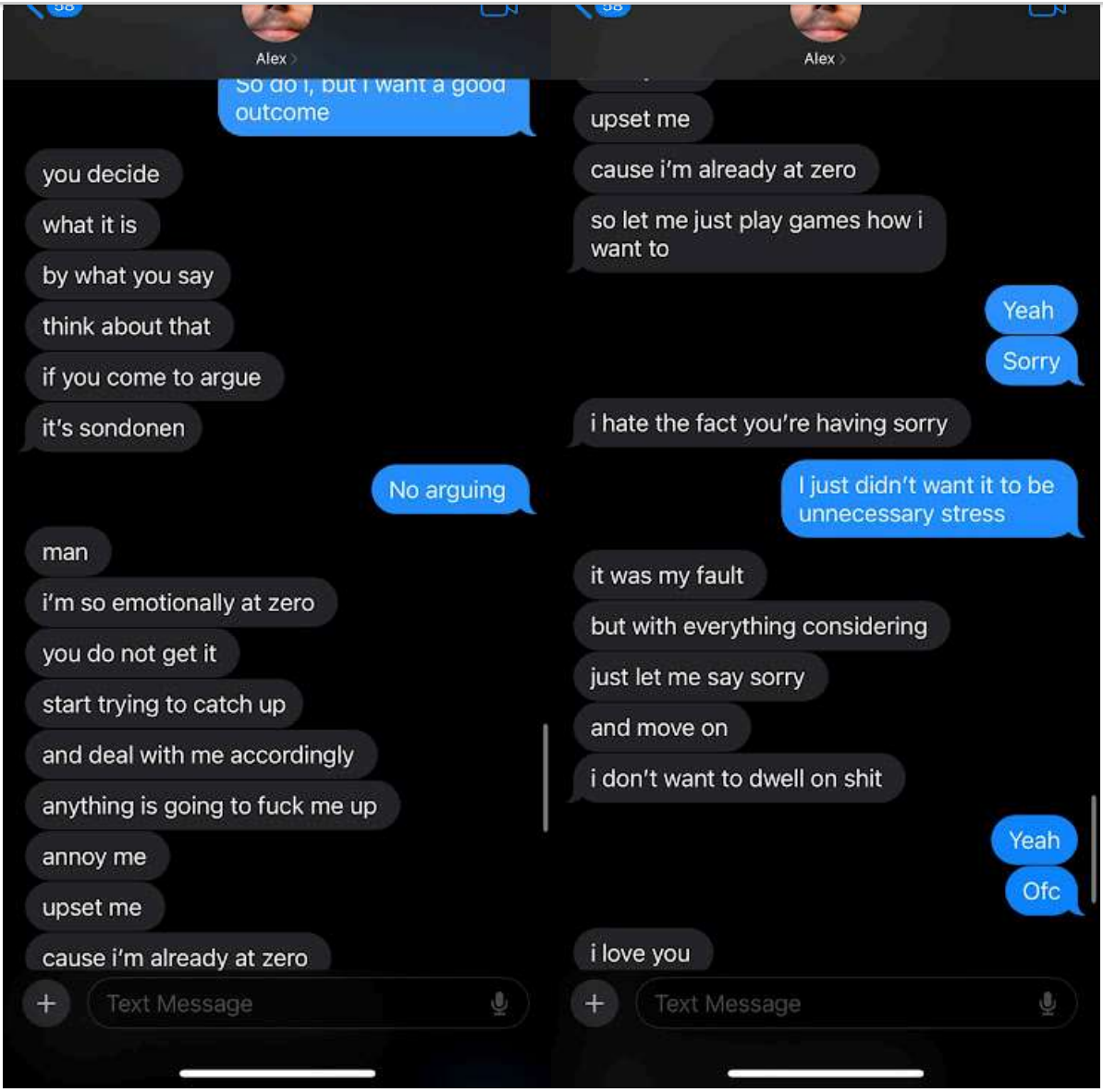
# Response - Read First


Alex
I just didn't wanna play if it was really upsetting you
get in a mood with me
That's it
won't kiss me back etc
And then I do
i just thought you were doing it again
And we're fine
No
so i told you
shutup
I didn't wanna play if it was upsetting you
cause it annoying
to be carrying everything
Text Message
Alex
cause it annoying
to be carrying everything
And you bit at me
I got upset
especially with all of this
I shouldn't of said it the way I did
I'm sorry for that
And I should've just let you say sorry then talk
anyway
But I was set on talking first
i'm nearly at football
It meant a lot to me
if we talk about this
you better come with a good attitude
Text Message

# Response - Read First


Alex
if we talk about this
you better come with a good attitude
one where it comes across like the goal is to walk away happy
in your voice
I don't wanna bother you more then I have this morning
in your words
not stupid attitude
not digs
not one word sarcasm
okay?
Yeah
good
But please take your time
will go so quick
We can talk way later
Text Message
58
Alex
But please take your time
will go so quick
We can talk way later
do what i what man
You need space and I don't wanna fuck up
i'm under max anxiety
with everything
Yeah I'm not helping
i want this done
sorted
finished
whatever the outcome
and i what it done fast
So do i, but I want a good outcome
Text Message

# Response - Read First



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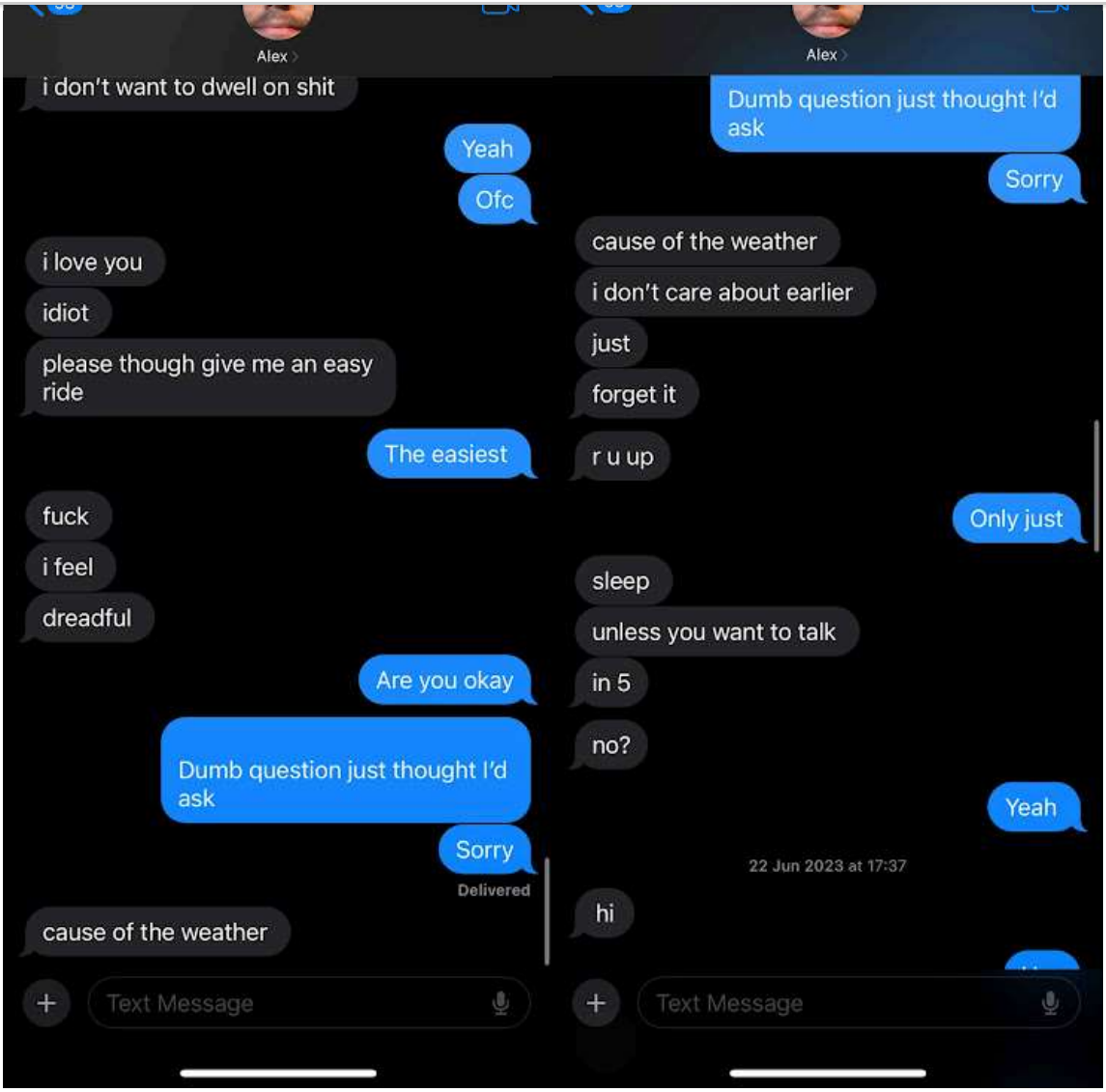
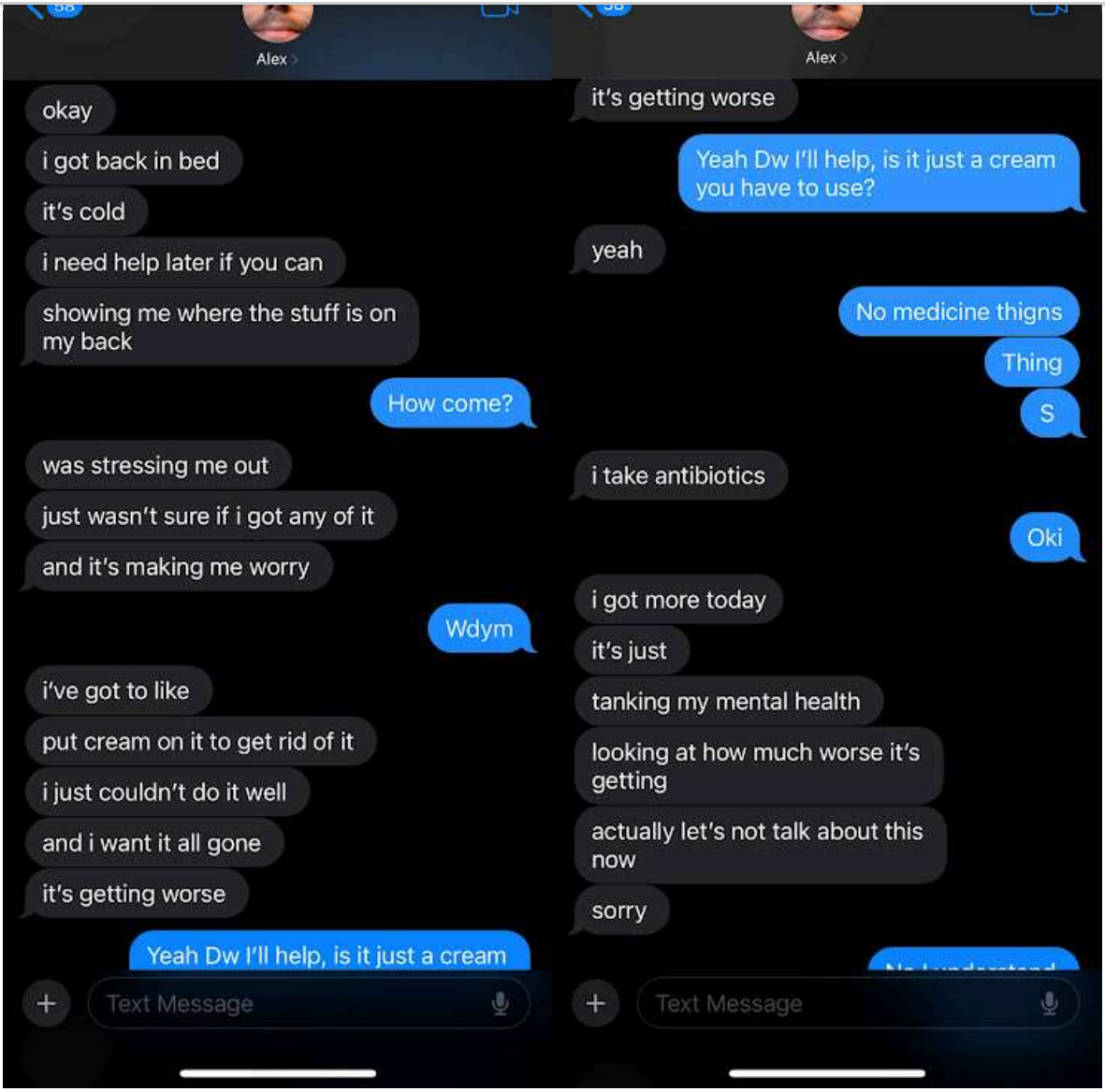
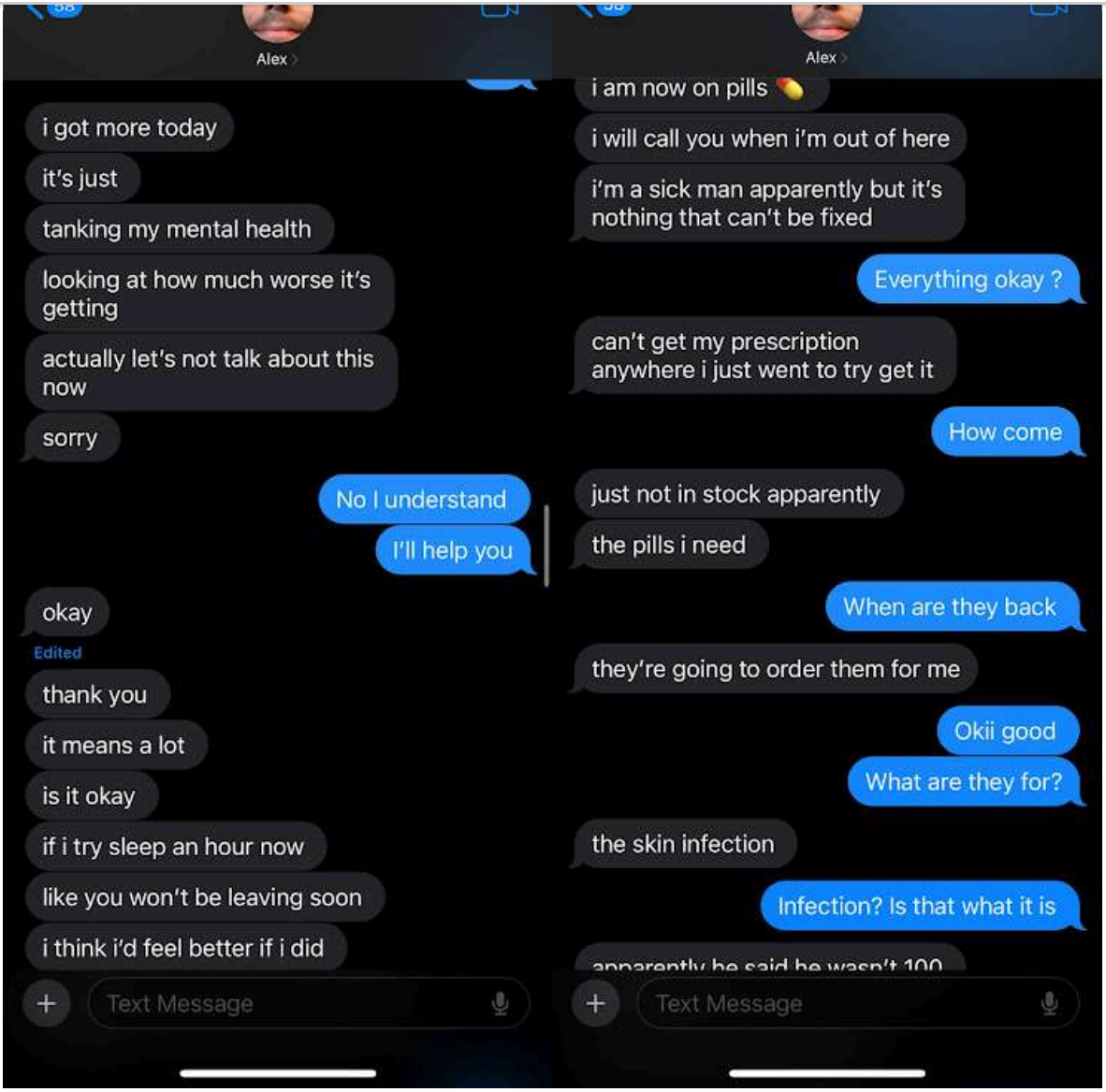



He claims in his video that his fungal skin condition gets worse because of me, and that I hated him having his shirt off because of this. This isn't true, i didnt ever judge Alex for this and I even helped him try to get better. I helped put on his cream daily. Not once do I shame Alex for this and there isn't any proof of his lies.
He then said this is why i “kicked him” and called him fat, i'm sorry for using words that are body shaming insults like “fat” but i never actually meant these words, im at my breaking point and retaliating in no way was i doing it because i was “sick” of alex being a certain way, alex isn't fat i just used the word in my insults for example “fat wanker”. I said I go just as low as Alex, and getting verbal abuse from Alex every argument is enough to push me there. I'm sorry if this offended anyone.

# Response - Read First


Alex
okay
i got back in bed
it's cold
i need help later if you can
showing me where the stuff is on my back
How come?
was stressing me out
just wasn't sure if i got any of it
and it's making me worry
Wdym
i've got to like
put cream on it to get rid of it
i just couldn't do it well
and i want it all gone
it's getting worse
Yeah Dw I'll help, is it just a cream
Text Message
Alex
it's getting worse
Yeah Dw I'll help, is it just a cream you have to use?
yeah
No medicine thigns
Thing
S
i take antibiotics
Oki
i got more today
it's just
tanking my mental health
looking at how much worse it's getting
actually let's not talk about this now
sorry
Text Message

# Response - Read First


Alex
i got more today
it's just
tanking my mental health
looking at how much worse it's getting
actually let's not talk about this now
sorry
No I understand
I'll help you
okay
Edited
thank you
it means a lot
is it okay
if i try sleep an hour now
like you won't be leaving soon
i think i'd feel better if i did
Text Message
Alex
i am now on pills
i will call you when i'm out of here
i'm a sick man apparently but it's nothing that can't be fixed
Everything okay ?
can't get my prescription anywhere i just went to try get it
How come
just not in stock apparently
the pills i need
When are they back
they're going to order them for me
Okii good
What are they for?
the skin infection
Infection? Is that what it is
Text Message

What Alex has is a fungal skin infection brought on from being unhygienic, he told me about his depressive past where he didn't look after himself years before we met. He then goes to claim it got worse and was only itchy when i “hit him” this again is a lie, his infection got worse as he avoided putting on his cream daily, i kept reminding him and helping him put this on but he was lazy with it and wasn't consistent, he was also allergic to bear as he is allergic to cats, that made his itching worse. The first time around where it started to clear up he said he didn't need to use it anymore as it was “gone” but i kept telling him to keep using it as it was still slightly there, it then came back bigger and more itchy.

Alex always told me in bed that he was itchy and never once was this from anyone being physical, I was not. I didn’t judge alex for this and i knew it was not contagious so i did not care about it or about him being shirtless etc, i was with him for 8 months, staying at each other's houses and sleeping in the same bed for him to now say when living together i switched up is a lie.

# Response - Read First

? You saw a doctor

i spoke to an online therapist

they told me to try ashwaganda for a bit

i've started getting heart palpitations from the stress

doctors next

also for skin

unbearably itchy now

cream isn't working

mole needs checking

(i am allergic to the cats aswell)

they came to visit me tho

sorry that's a lot of messages

Hopefully not too allergic

That's sweet

just the scratches

they make my skin sting

Yea not great

bears did tbf

Just take the pills

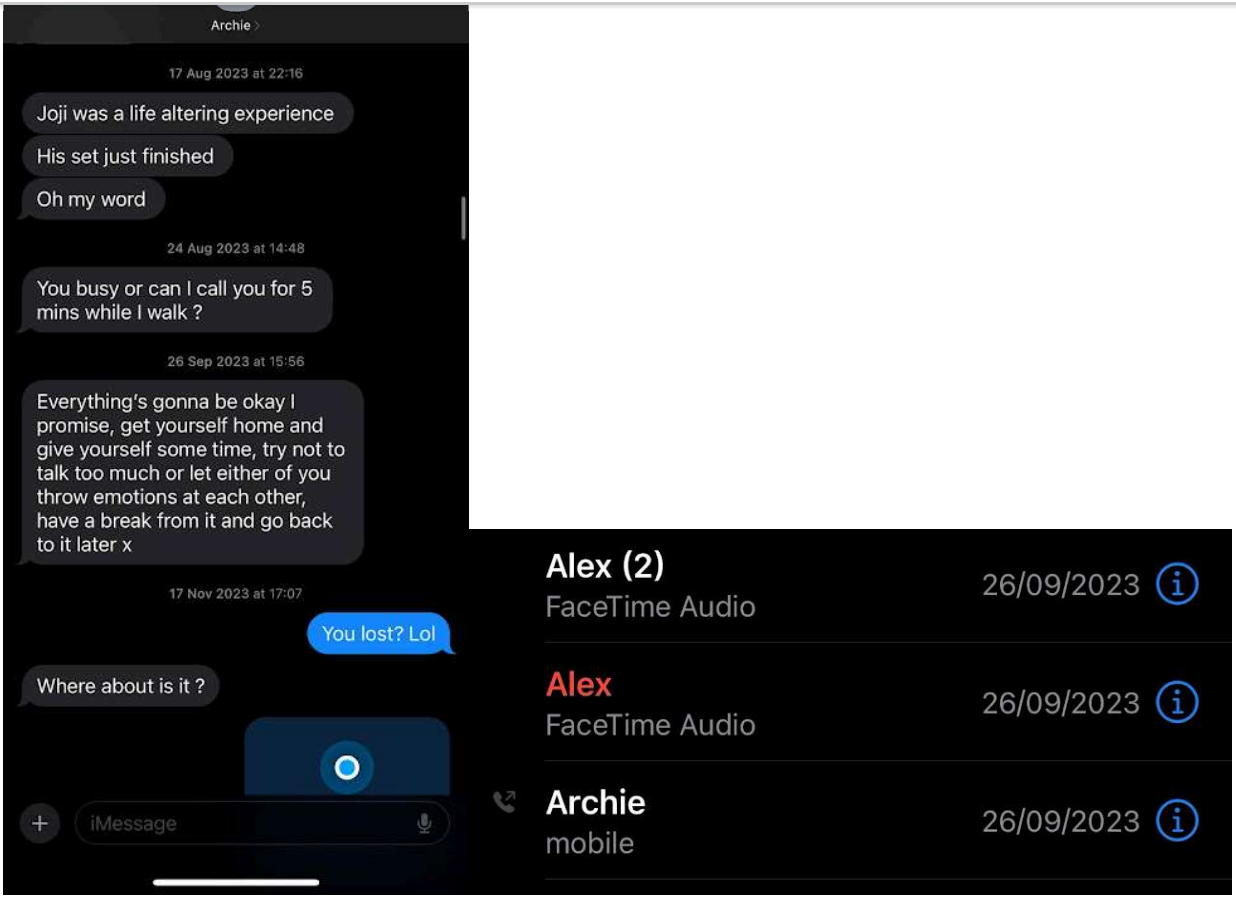
yeah i bought new ones

It'll be fine thenn

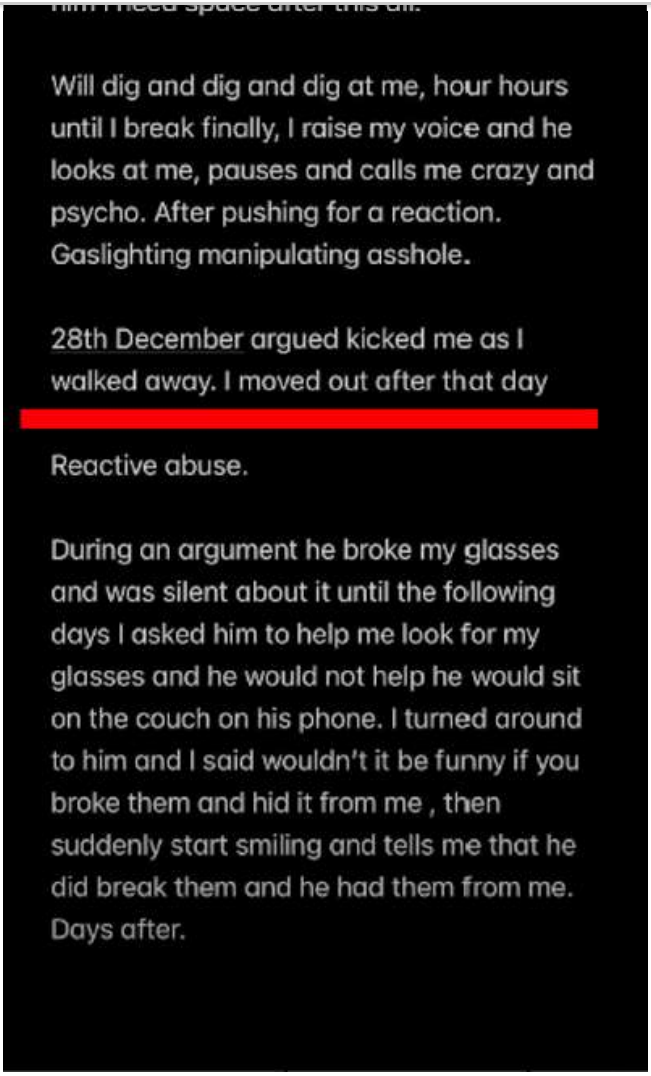
# Response - Read First

He claims i said all of this to hide the fact i apparently “slapped, kicked and punched” him THROUGHOUT the relationship, that is a fabricated lie
I own up to all of my actions made, even directly to Alex in messages. When I pushed him off me a few times he made me uncomfortable, and slapped him once.
I'm not scared of owning up to the wrongs I have done, and slapping him was wrong. I know it was and deep down I felt so much regret. To the point on that date, as I left his flat after slapping him, I rang up my friend instantly and told him what had happened and what I had done. On the messages dated 26th september.

# Response - Read First


Archie
17 Aug 2023 at 22:16
Joji was a life altering experience
His set just finished
Oh my word
24 Aug 2023 at 14:48
You busy or can I call you for 5 mins while I walk ?
26 Sep 2023 at 15:56
Everything's gonna be okay I promise, get yourself home and give yourself some time, try not to talk too much or let either of you throw emotions at each other, have a break from it and go back to it later x
17 Nov 2023 at 17:07
You lost? Lol
Where about is it ?
iMessage
Alex (2)
FaceTime Audio
26/09/2023
Alex
FaceTime Audio
26/09/2023
Archie
mobile
26/09/2023

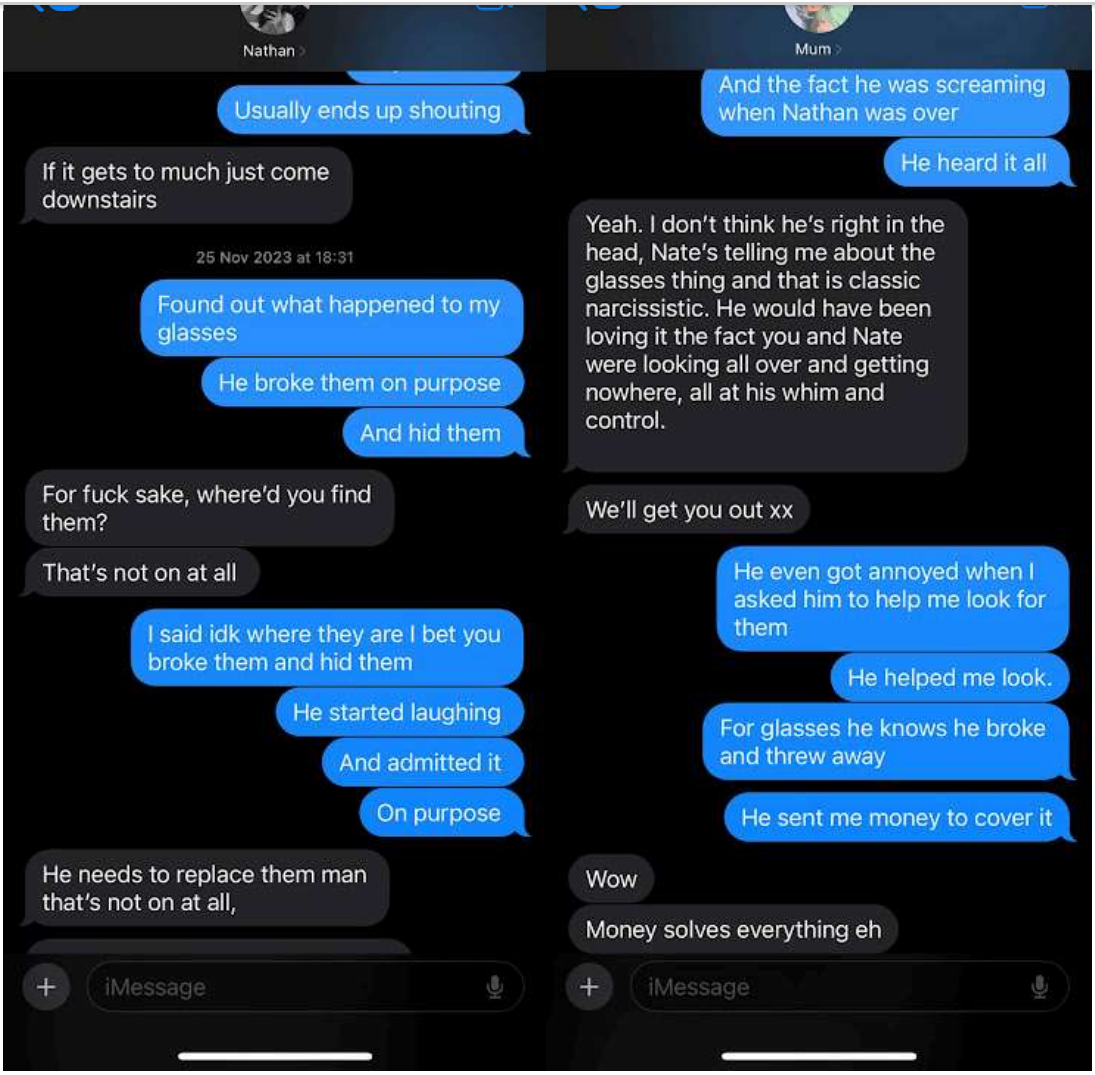
# Response - Read First


Will dig and dig and dig at me, hour hours until I break finally, I raise my voice and he looks at me, pauses and calls me crazy and psycho. After pushing for a reaction. Gaslighting manipulating asshole.
28th December argued kicked me as I walked away. I moved out after that day
Reactive abuse.
During an argument he broke my glasses and was silent about it until the following days I asked him to help me look for my glasses and he would not help he would sit on the couch on his phone. I turned around to him and I said wouldn't it be funny if you broke them and hid it from me , then suddenly start smiling and tells me that he did break them and he had them from me. Days after.

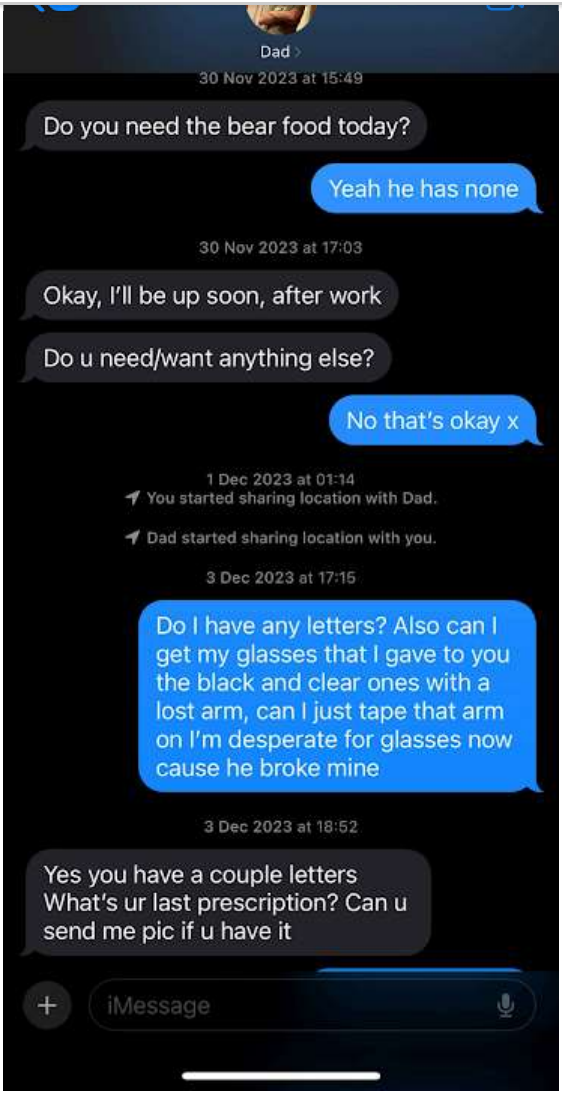
He claims proof of me lying about multiple stories is writing them down after I had moved out, but I wrote that last story in there as I never included it thinking it wasn't that bad. He states that this last story is a lie. Which is… a lie. And I can prove that again.
He says writing any date on a notes app is in no way proof that it happened, and I never claim it was proof, I mention that I wrote these things down to remind myself I need to leave.

So quickly here's the proof he DID break my glasses and lied about it in this video.

# Response - Read First


Nathan
Usually ends up shouting
If it gets to much just come downstairs
25 Nov 2023 at 18:31
Found out what happened to my glasses
He broke them on purpose
And hid them
For fuck sake, where'd you find them?
That's not on at all
I said idk where they are I bet you broke them and hid them
He started laughing
And admitted it
On purpose
He needs to replace them man that's not on at all,
iMessage
Mum
And the fact he was screaming when Nathan was over
He heard it all
Yeah. I don't think he's right in the head, Nate's telling me about the glasses thing and that is classic narcissistic. He would have been loving it the fact you and Nate were looking all over and getting nowhere, all at his whim and control.
We'll get you out xx
He even got annoyed when I asked him to help me look for them
He helped me look.
For glasses he knows he broke and threw away
He sent me money to cover it
Wow
Money solves everything eh
iMessage

# Response - Read First

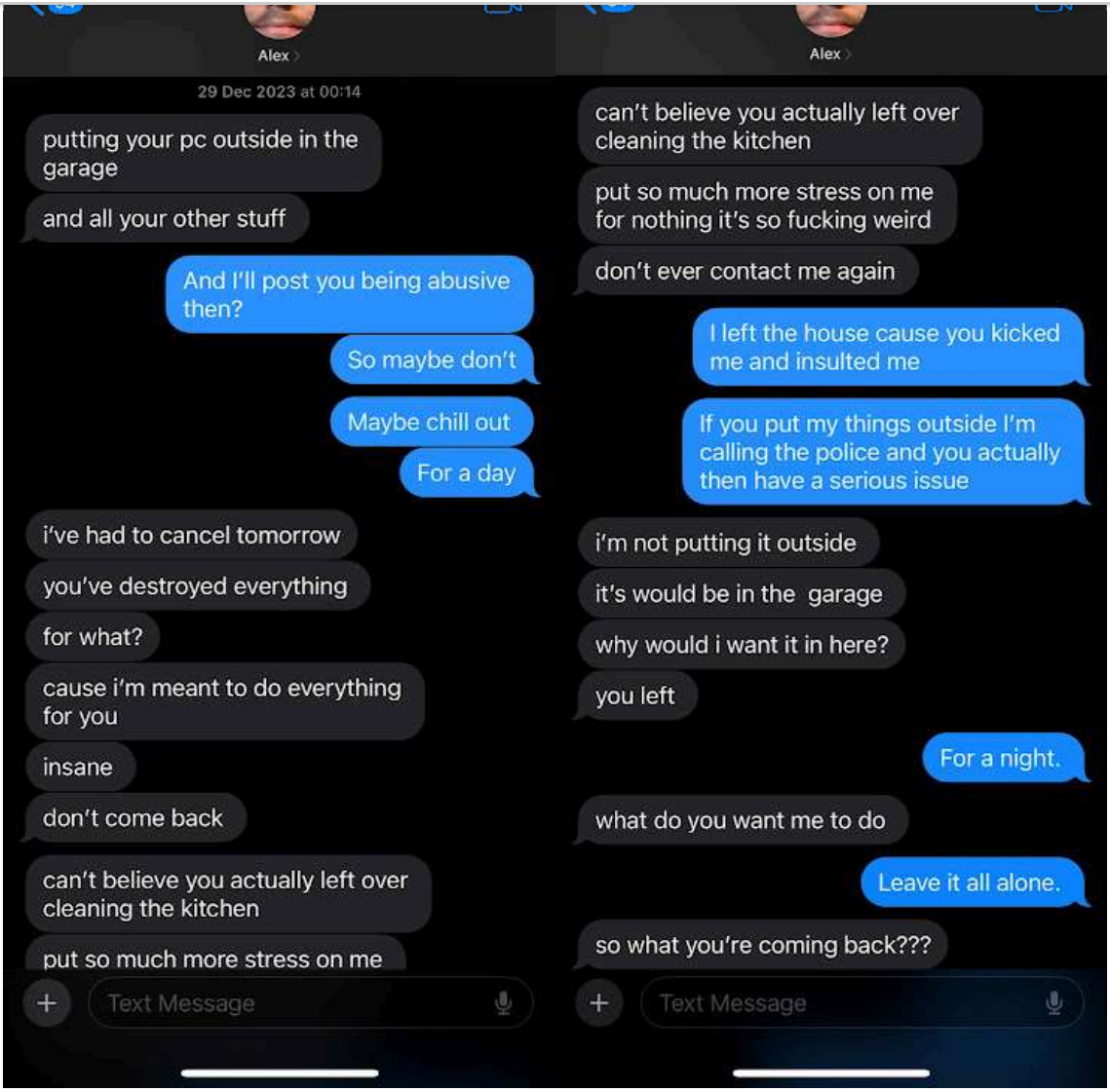

Dad
30 Nov 2023 at 15:49
Do you need the bear food today?
Yeah he has none
30 Nov 2023 at 17:03
Okay, I'll be up soon, after work
Do u need/want anything else?
No that's okay x
1 Dec 2023 at 01:14
You started sharing location with Dad.
Dad started sharing location with you.
3 Dec 2023 at 17:15
Do I have any letters? Also can I get my glasses that I gave to you the black and clear ones with a lost arm, can I just tape that arm on I'm desperate for glasses now cause he broke mine
3 Dec 2023 at 18:52
Yes you have a couple letters What's ur last prescription? Can u send me pic if u have it
iMessage

| Date | Description | £ Out | £ In |
|---|---|---|---|
| 2023 | | | |
| 27 Nov | Bank credit A Elmslie | | 400.00 |
| | Effective Date 26 Nov 2023 | | |

The money he sent to replace them after admitting to me he broke them.

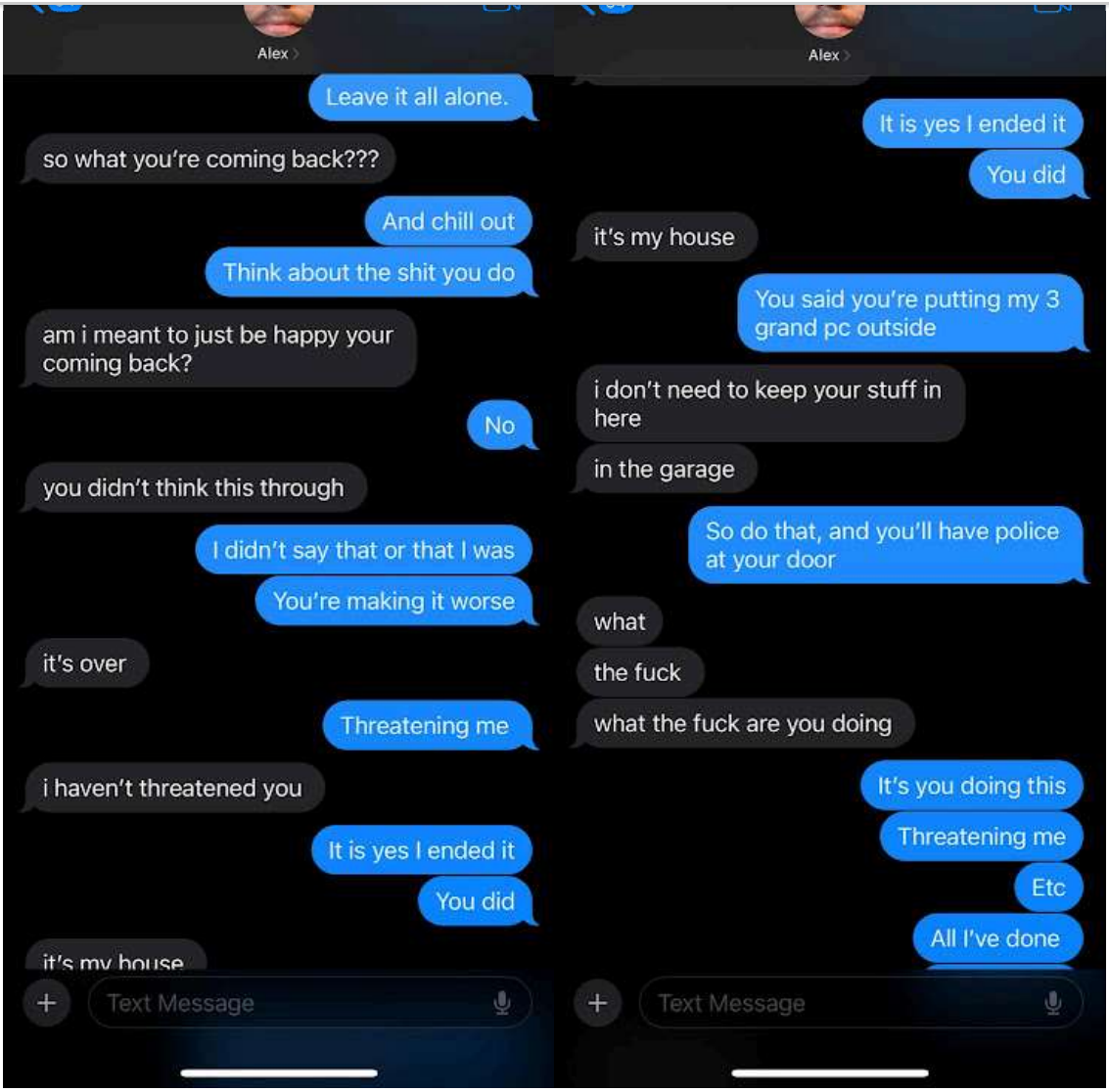
On the 28th we argued and he kicked me, i told him if he was physical again that i would leave so that is when i packed a few things and left, in my first statement that is the video i attached of him screaming at me around the house as im packing to leave, which can be proven with messages FROM THAT DATE as that seems to be important to him to make a point of proof. This will also debunk his claims of me threatening him with police, i did do that, threats to post him being abusive yes i did do that because that's all i could do to make him stop. He was threatening to damage my belongings. I will include the whole conversation here.

# Response - Read First

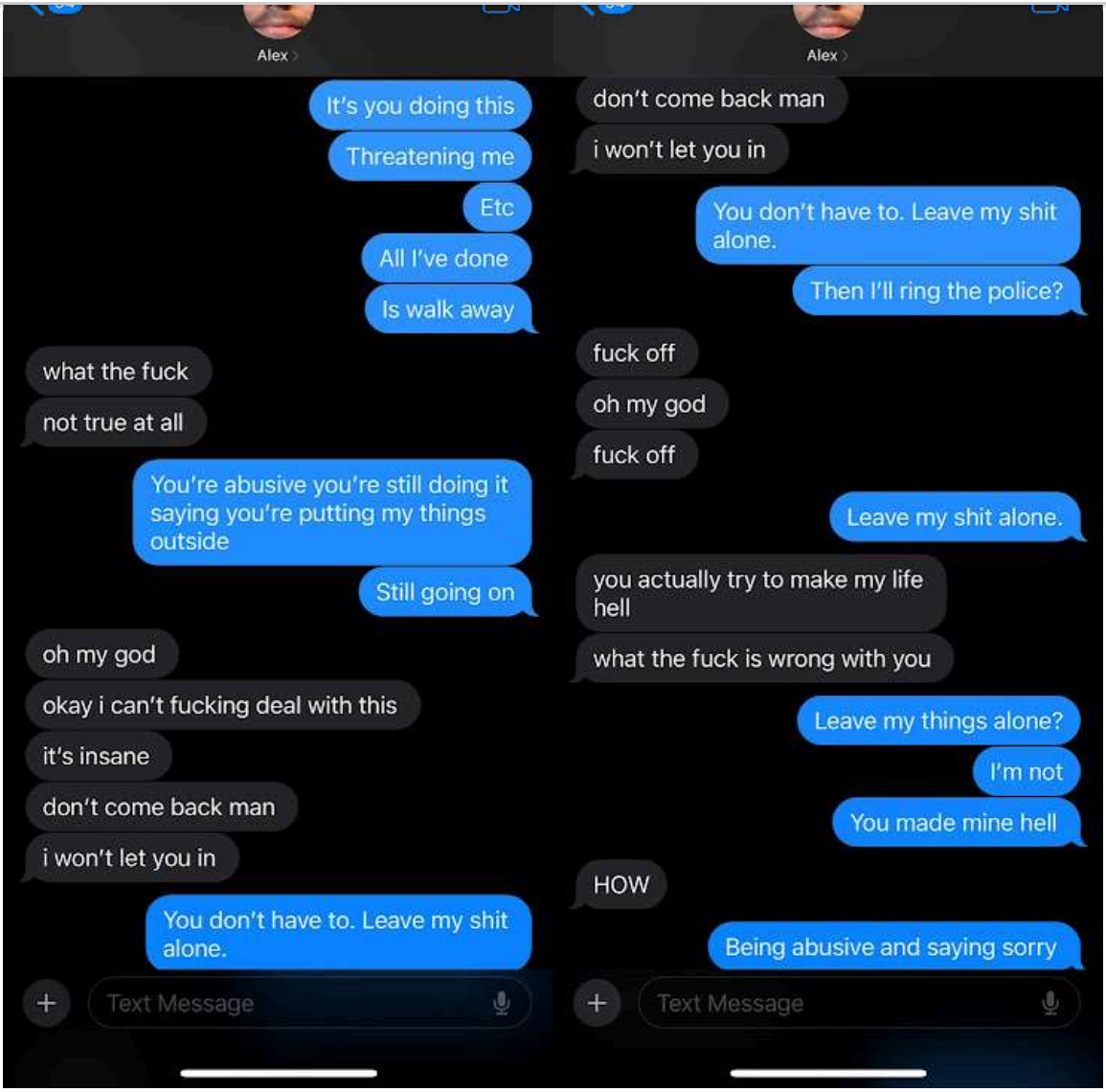

Alex
29 Dec 2023 at 00:14
putting your pc outside in the garage
and all your other stuff
And I'll post you being abusive then?
So maybe don't
Maybe chill out
For a day
i've had to cancel tomorrow
you've destroyed everything
for what?
cause i'm meant to do everything for you
insane
don't come back
can't believe you actually left over cleaning the kitchen
put so much more stress on me
Text Message
Alex
can't believe you actually left over cleaning the kitchen
put so much more stress on me for nothing it's so fucking weird
don't ever contact me again
I left the house cause you kicked me and insulted me
If you put my things outside I'm calling the police and you actually then have a serious issue
i'm not putting it outside
it's would be in the garage
why would i want it in here?
you left
For a night.
what do you want me to do
Leave it all alone.
so what you're coming back???
Text Message

"Can't believe you left over cleaning the kitchen" that is not why, and i say it MULTIPLE times, he spins this in a way to make me look and sound crazy to the point it made me actually feel crazy.
Context of this story is, he had planned his parents to come over the next day for dinner so I started my day off with cleaning because I was the only one who did that, no it wasn't a problem.
He came downstairs thinking I had an issue with him not helping, not once was that said. He asked if I was okay, I said "I'm fine" and got on with cleaning.
This turned into an argument instantly after as he claims i was "pissed off" when i literally just woke up and am trying to clean a kitchen. We argue and I can't remember what's said, he asks me to give him a few things he can do to help, I list 3 things. He screamed at me for giving him too many things at a time to do and so I went silent. He's screaming and I try to walk away, as I'm walking away he kicks me in the back. After that I start recording and packing my things. He's scaring me because he's chasing me around the house screaming. That is why I started recording. This is why I left.

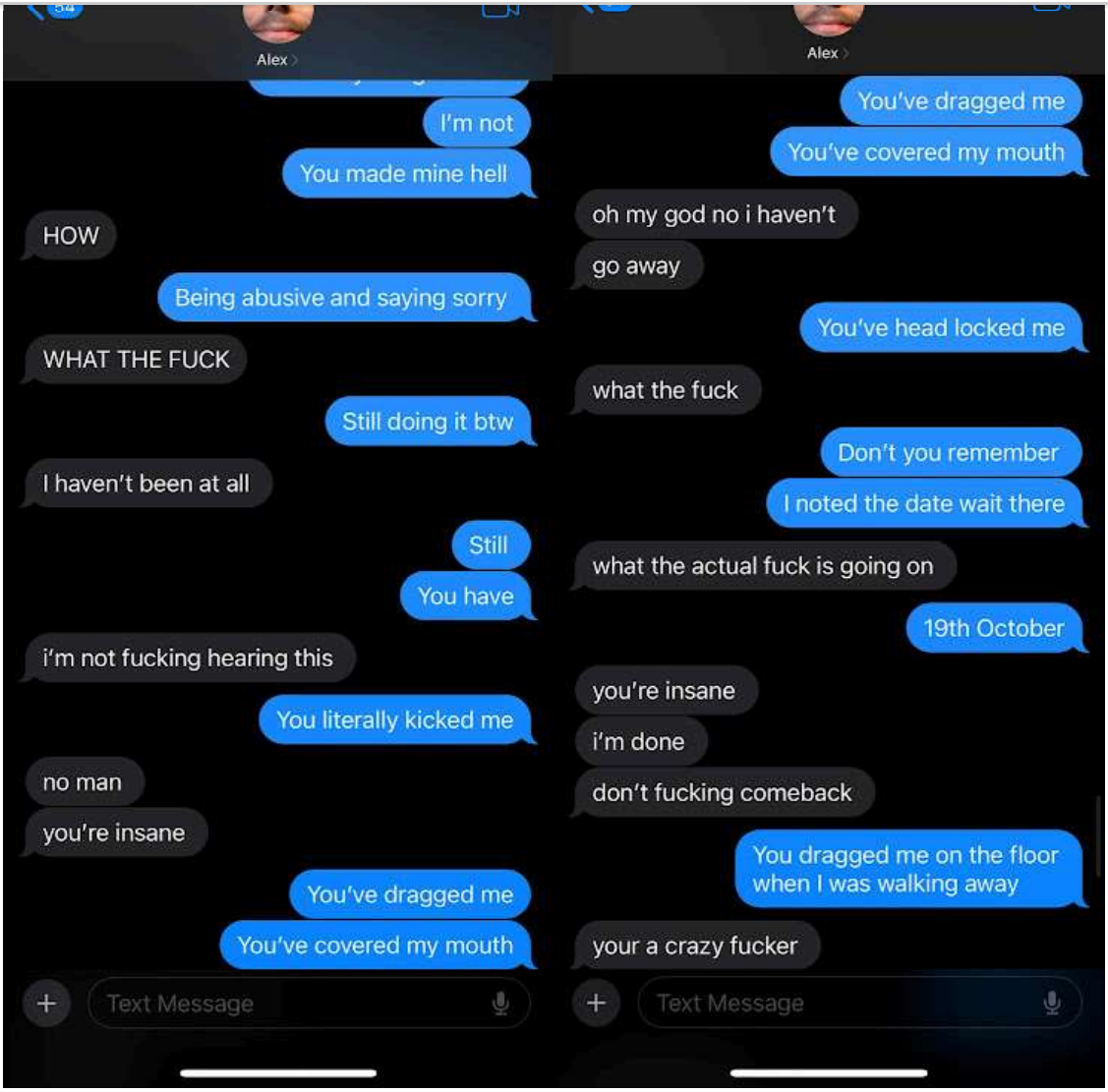
# Response - Read First


Alex
Leave it all alone.
so what you're coming back???
And chill out
Think about the shit you do
am i meant to just be happy your coming back?
No
you didn't think this through
I didn't say that or that I was
You're making it worse
it's over
Threatening me
i haven't threatened you
It is yes I ended it
You did
it's my house
Text Message
Alex
It is yes I ended it
You did
it's my house
You said you're putting my 3 grand pc outside
i don't need to keep your stuff in here
in the garage
So do that, and you'll have police at your door
what
the fuck
what the fuck are you doing
It's you doing this
Threatening me
Etc
All I've done
Text Message

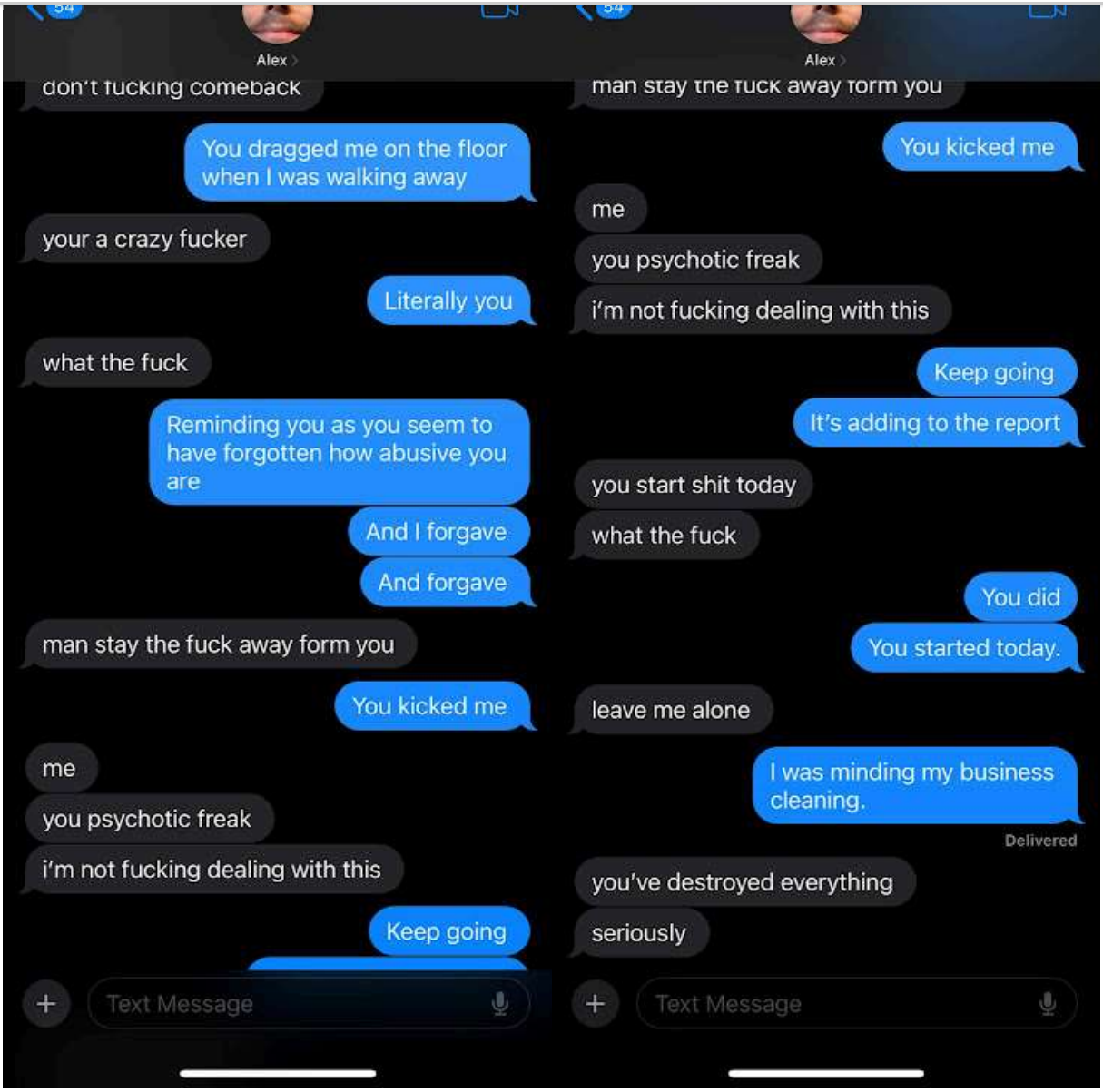
# Response - Read First



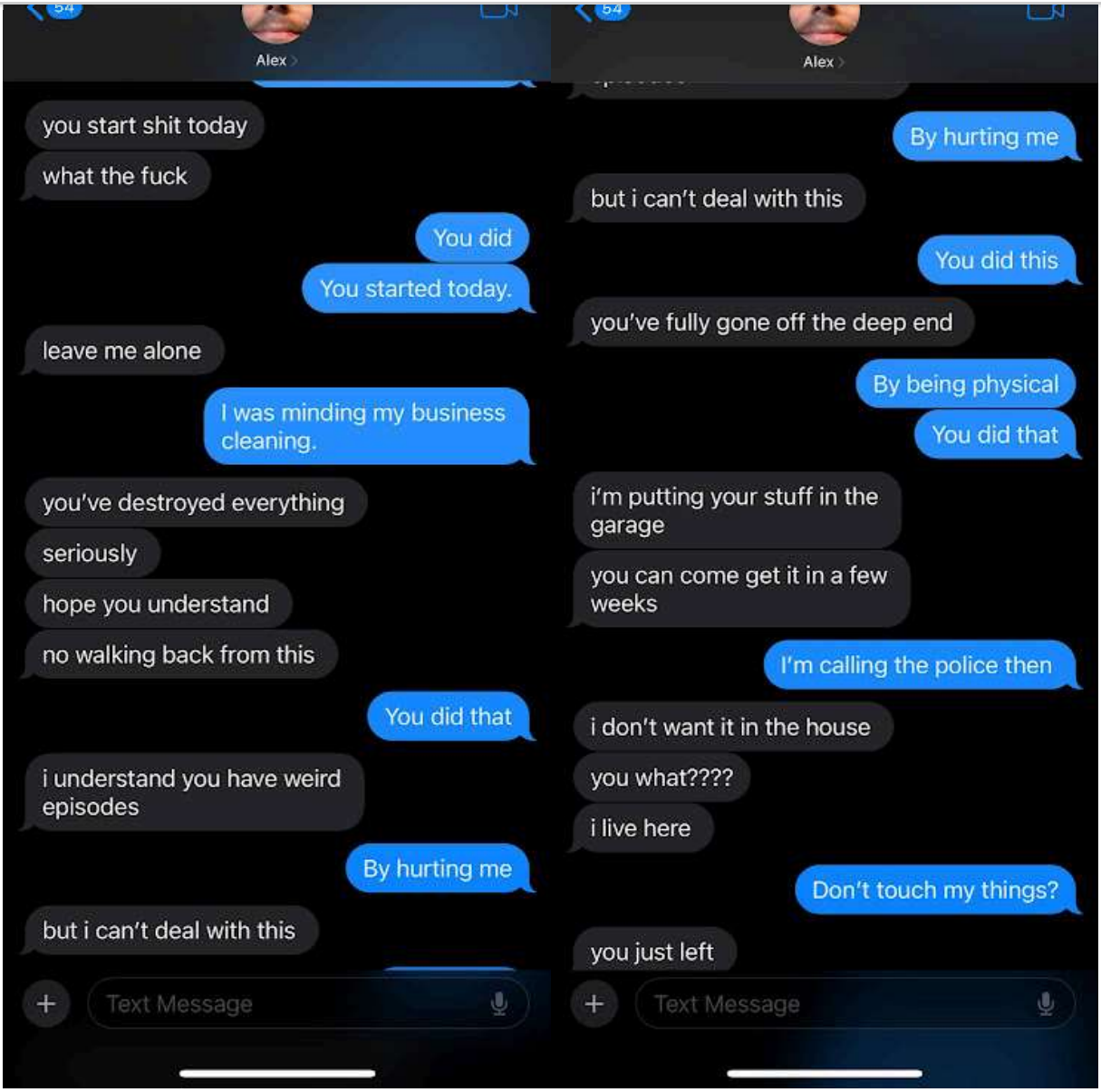
# Response - Read First



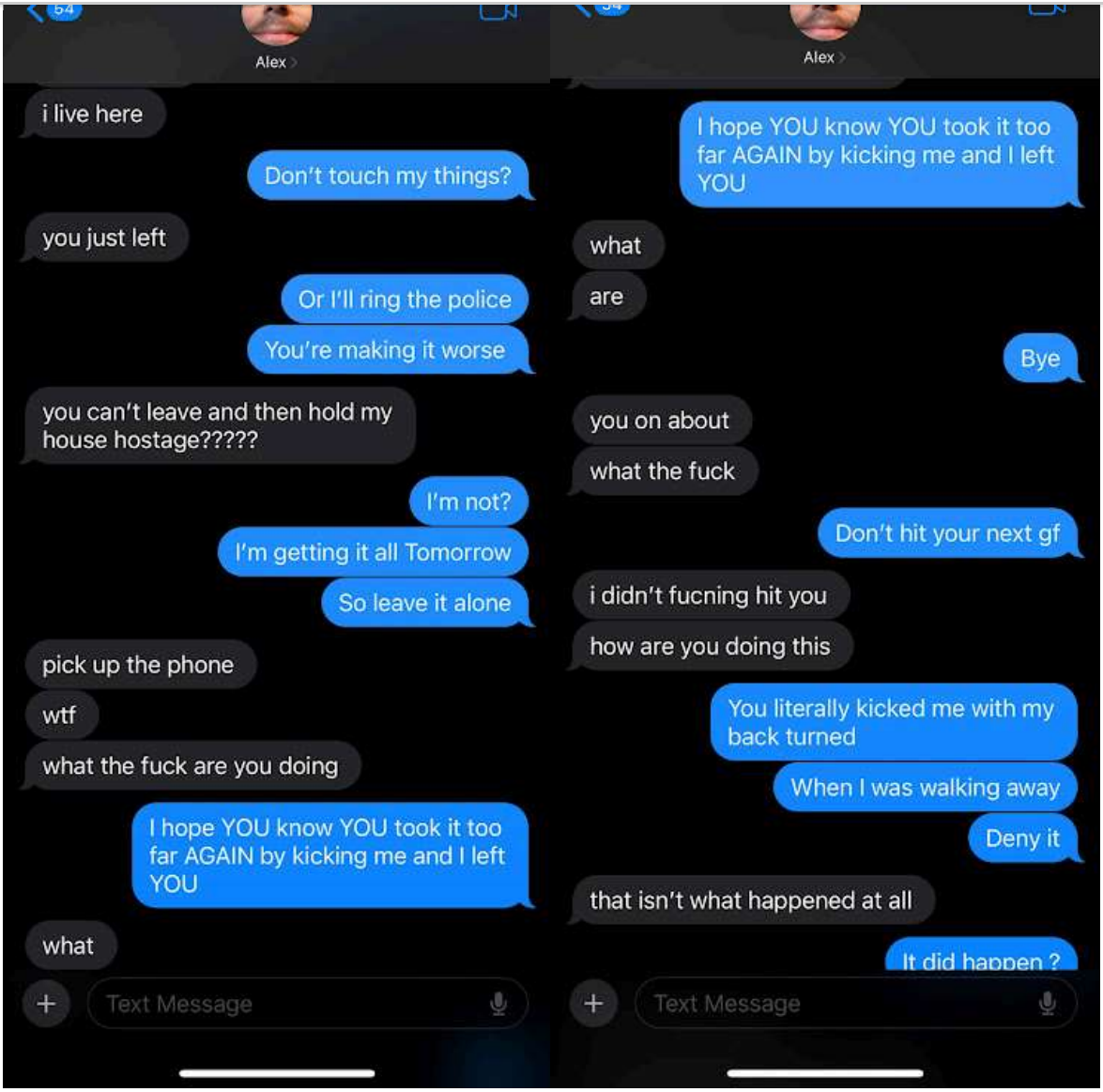
# Response - Read First



# Response - Read First

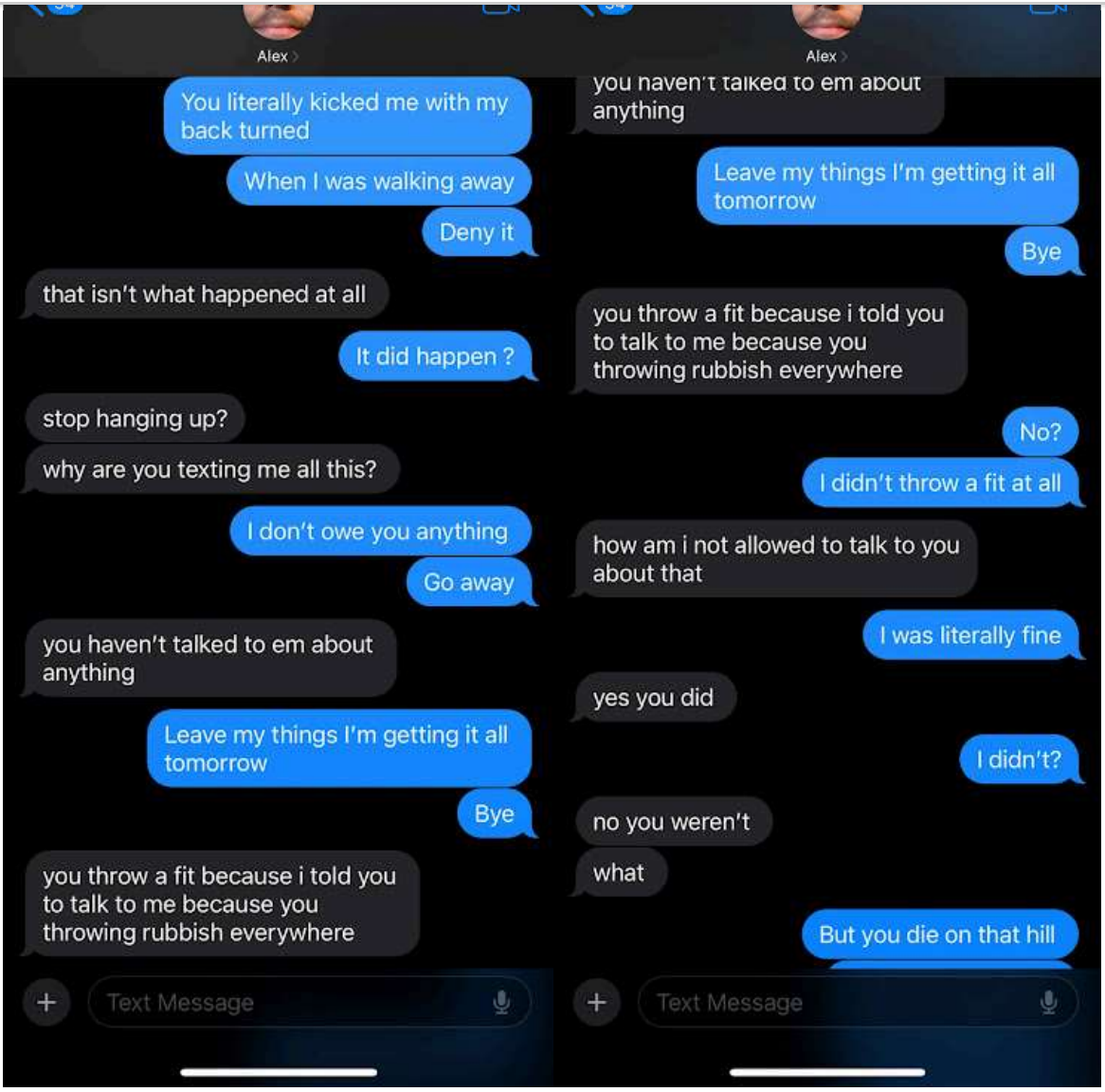


# Response - Read First

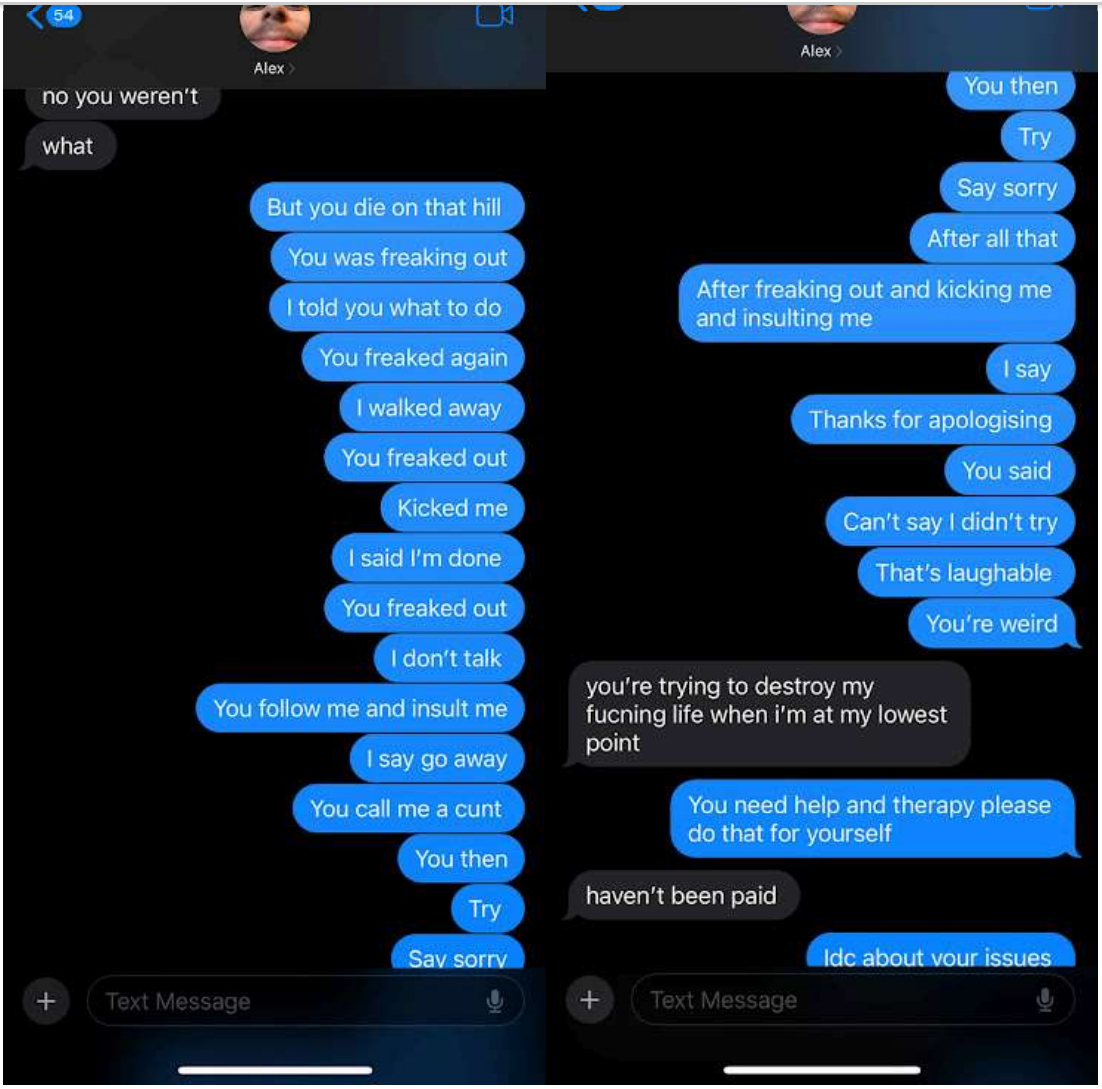

Alex
i live here
Don't touch my things?
you just left
Or I'll ring the police
You're making it worse
you can't leave and then hold my house hostage?????
I'm not?
I'm getting it all Tomorrow
So leave it alone
pick up the phone
wtf
what the fuck are you doing
I hope YOU know YOU took it too far AGAIN by kicking me and I left YOU
what
Text Message
Alex
I hope YOU know YOU took it too far AGAIN by kicking me and I left YOU
what
are
Bye
you on about
what the fuck
Don't hit your next gf
i didn't fucning hit you
how are you doing this
You literally kicked me with my back turned
When I was walking away
Deny it
that isn't what happened at all
It did happen ?
Text Message

He tried to take this into his own, and make it seem this was his decision, that i was the one freaking out and having episodes and tries to take control of this situation by telling me he is leaving me.

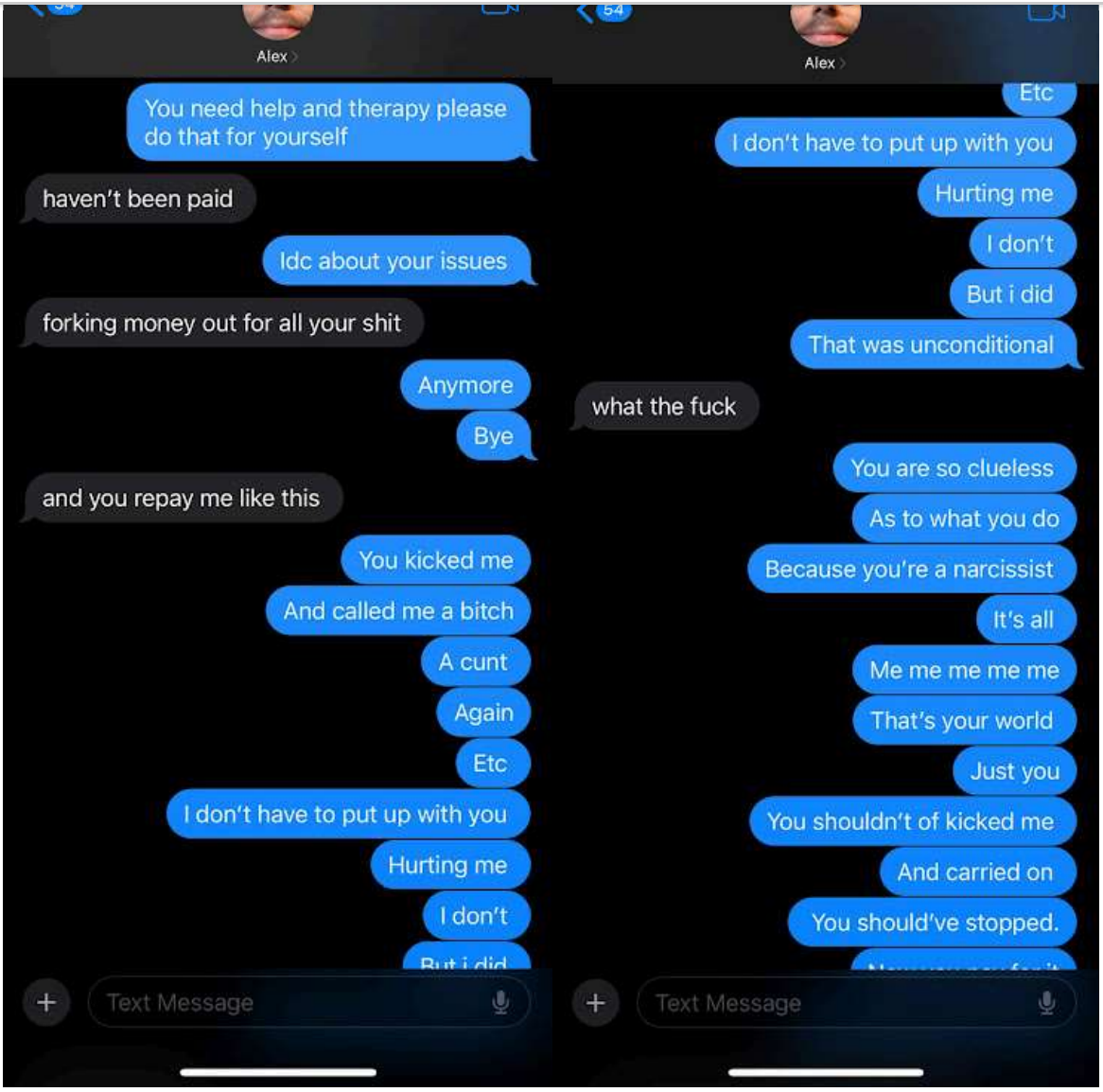
# Response - Read First


Alex
You literally kicked me with my back turned
When I was walking away
Deny it
that isn't what happened at all
It did happen ?
stop hanging up?
why are you texting me all this?
I don't owe you anything
Go away
you haven't talked to em about anything
Leave my things I'm getting it all tomorrow
Bye
you throw a fit because i told you to talk to me because you throwing rubbish everywhere
Text Message
Alex
you haven't talked to em about anything
Leave my things I'm getting it all tomorrow
Bye
you throw a fit because i told you to talk to me because you throwing rubbish everywhere
No?
I didn't throw a fit at all
how am i not allowed to talk to you about that
I was literally fine
yes you did
I didn't?
no you weren't
what
But you die on that hill
Text Message

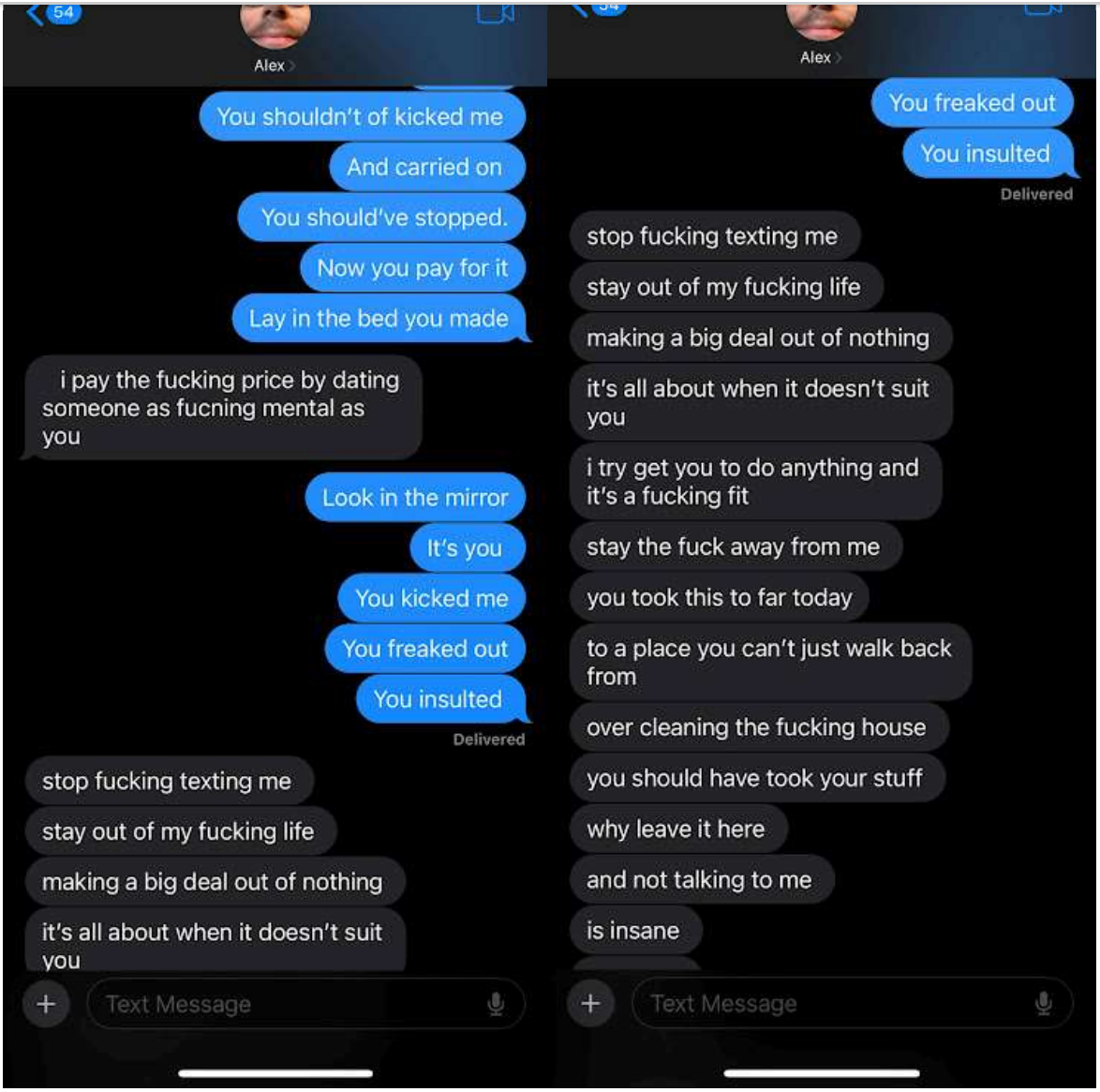
# Response - Read First



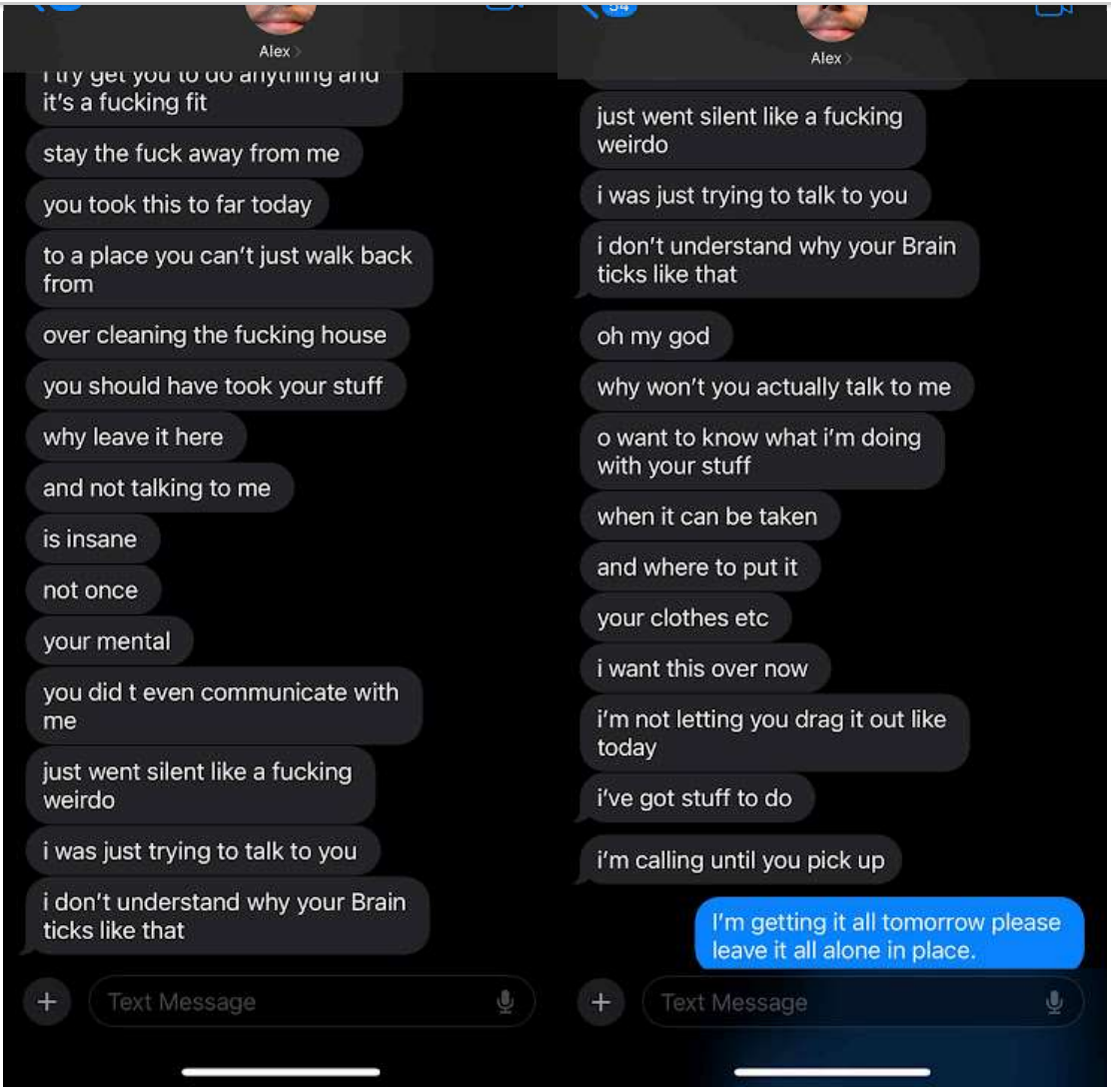
# Response - Read First



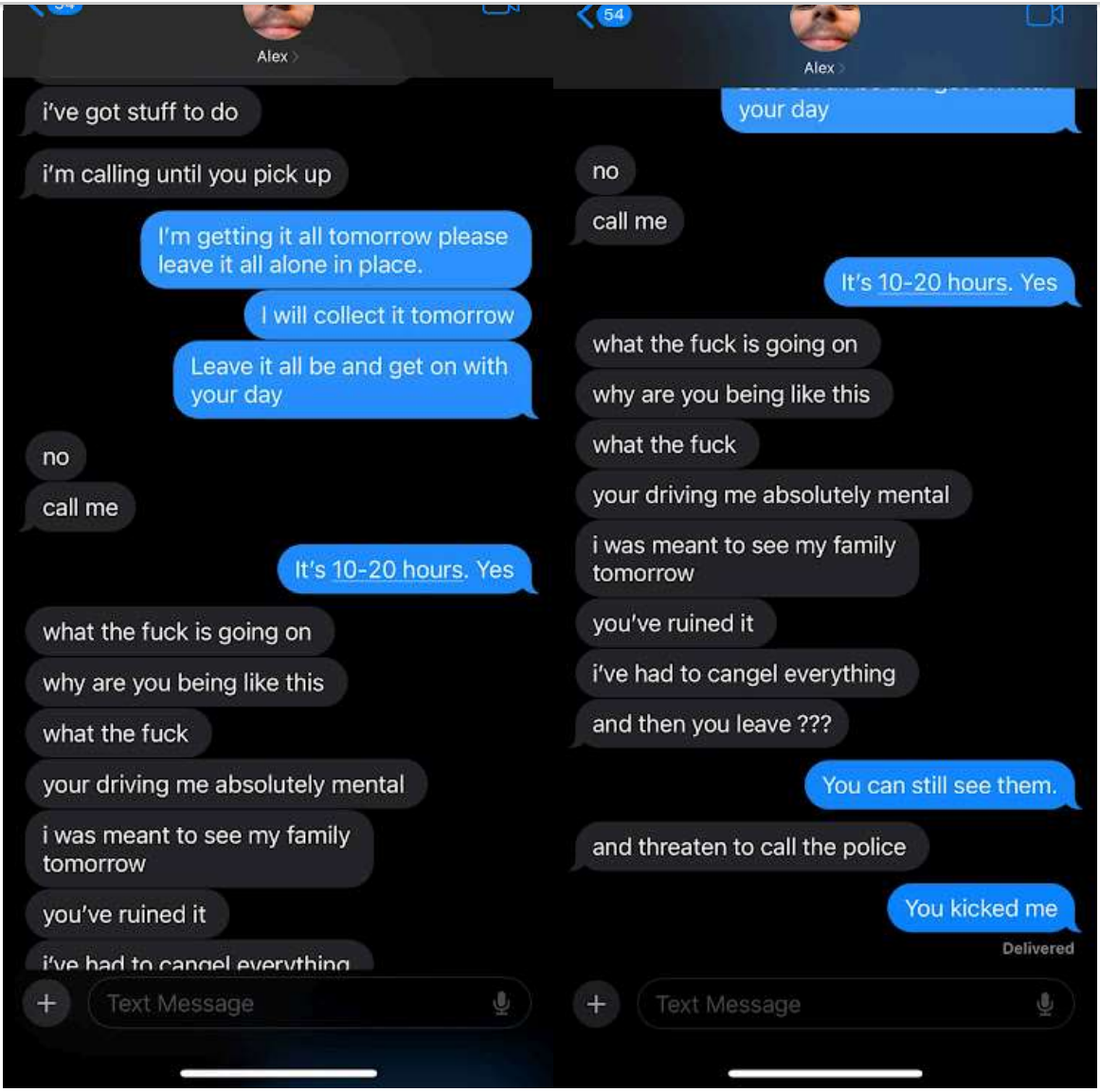
# Response - Read First


54
Alex
You shouldn't of kicked me
And carried on
You should've stopped.
Now you pay for it
Lay in the bed you made
i pay the fucking price by dating someone as fucning mental as you
Look in the mirror
It's you
You kicked me
You freaked out
You insulted
Delivered
stop fucking texting me
stay out of my fucking life
making a big deal out of nothing
it's all about when it doesn't suit you
Text Message
Alex
You freaked out
You insulted
Delivered
stop fucking texting me
stay out of my fucking life
making a big deal out of nothing
it's all about when it doesn't suit you
i try get you to do anything and it's a fucking fit
stay the fuck away from me
you took this to far today
to a place you can't just walk back from
over cleaning the fucking house
you should have took your stuff
why leave it here
and not talking to me
is insane
Text Message

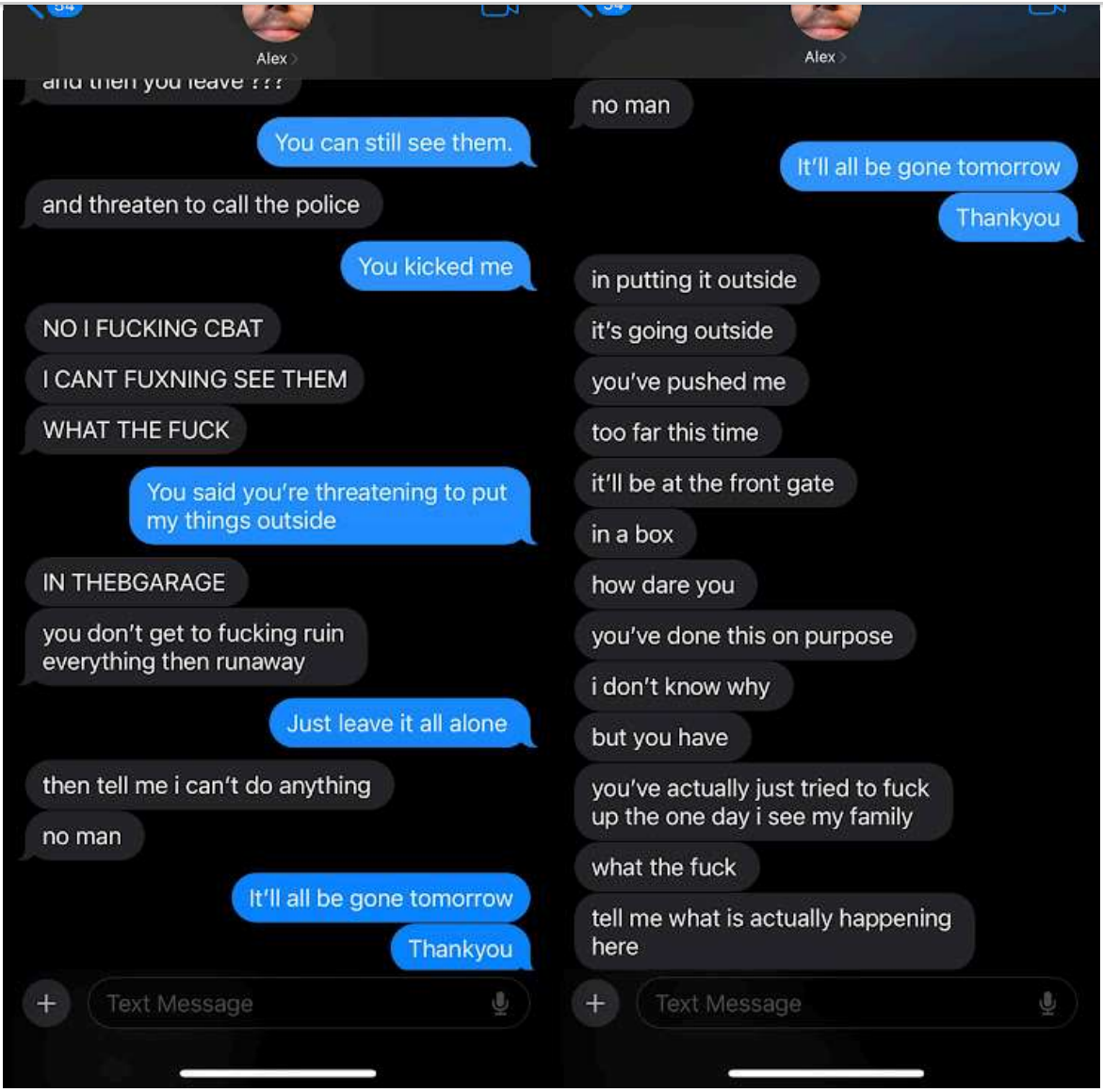
# Response - Read First


Alex
it's a fucking fit
stay the fuck away from me
you took this to far today
to a place you can't just walk back from
over cleaning the fucking house
you should have took your stuff
why leave it here
and not talking to me
is insane
not once
your mental
you did t even communicate with me
just went silent like a fucking weirdo
i was just trying to talk to you
i don't understand why your Brain ticks like that
Text Message
Alex
just went silent like a fucking weirdo
i was just trying to talk to you
i don't understand why your Brain ticks like that
oh my god
why won't you actually talk to me
o want to know what i'm doing with your stuff
when it can be taken
and where to put it
your clothes etc
i want this over now
i'm not letting you drag it out like today
i've got stuff to do
i'm calling until you pick up
I'm getting it all tomorrow please leave it all alone in place.
Text Message

# Response - Read First

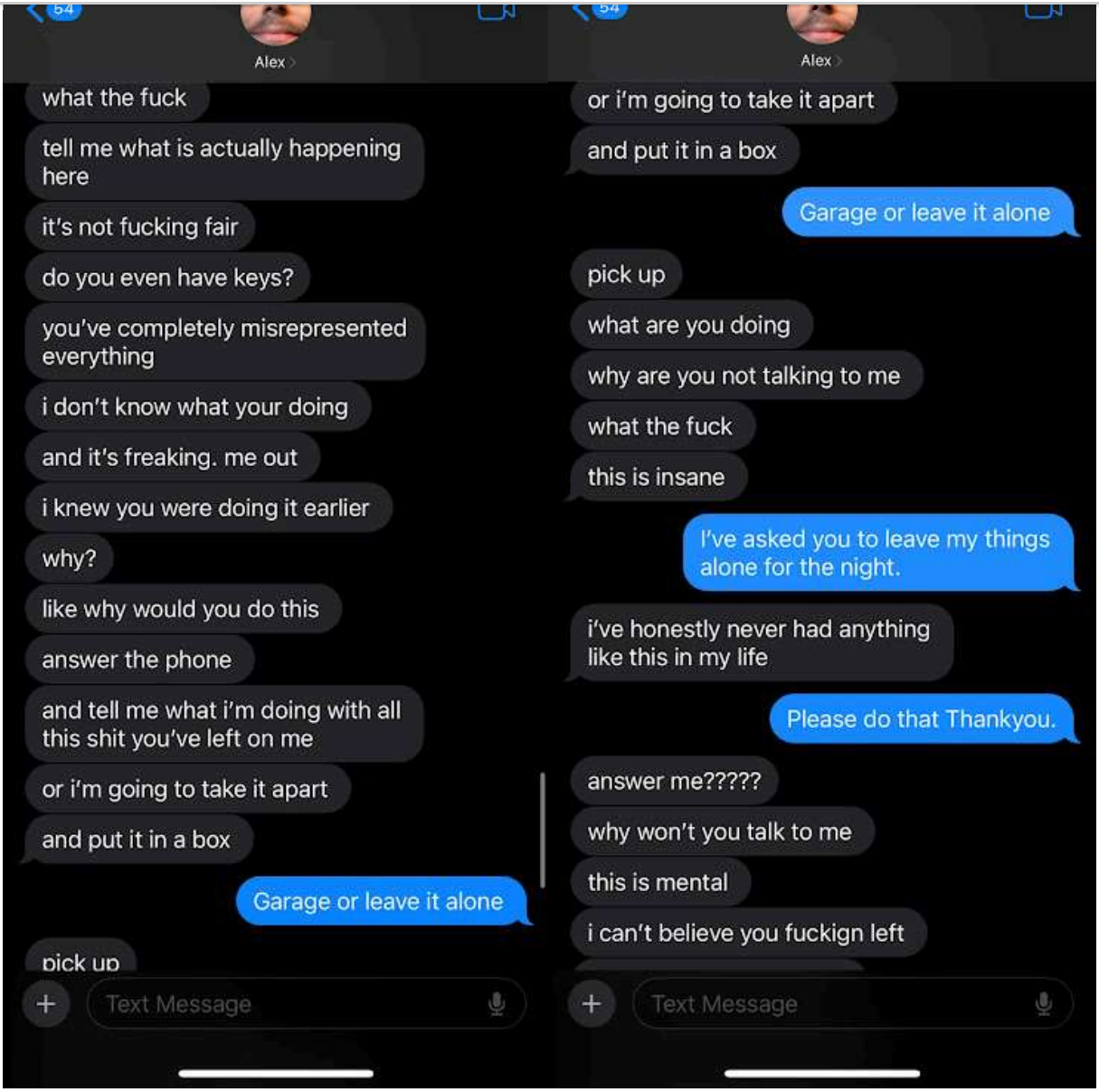

Alex
i've got stuff to do
i'm calling until you pick up
I'm getting it all tomorrow please leave it all alone in place.
I will collect it tomorrow
Leave it all be and get on with your day
no
call me
It's 10-20 hours. Yes
what the fuck is going on
why are you being like this
what the fuck
your driving me absolutely mental
i was meant to see my family tomorrow
you've ruined it
Text Message
54
Alex
your day
no
call me
It's 10-20 hours. Yes
what the fuck is going on
why are you being like this
what the fuck
your driving me absolutely mental
i was meant to see my family tomorrow
you've ruined it
i've had to cangel everything
and then you leave ???
You can still see them.
and threaten to call the police
You kicked me
Delivered
Text Message

# Response - Read First

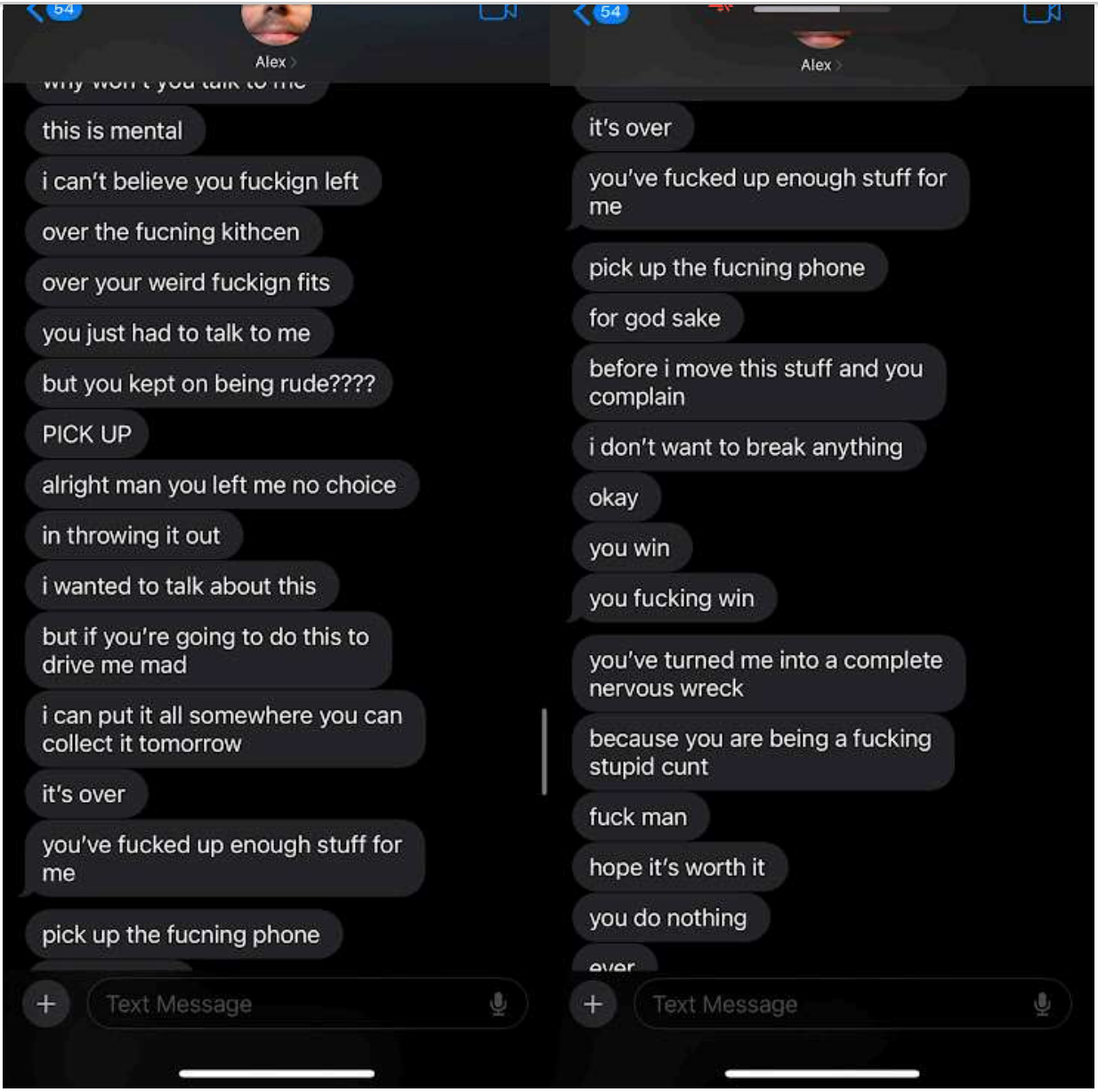

Alex
and then you leave ???
You can still see them.
and threaten to call the police
You kicked me
NO I FUCKING CBAT
I CANT FUXNING SEE THEM
WHAT THE FUCK
You said you're threatening to put my things outside
IN THEBGARAGE
you don't get to fucking ruin everything then runaway
Just leave it all alone
then tell me i can't do anything
no man
It'll all be gone tomorrow
Thankyou
Text Message
Alex
no man
It'll all be gone tomorrow
Thankyou
in putting it outside
it's going outside
you've pushed me
too far this time
it'll be at the front gate
in a box
how dare you
you've done this on purpose
i don't know why
but you have
you've actually just tried to fuck up the one day i see my family
what the fuck
tell me what is actually happening here
Text Message

I need to make it clear I was uncomfortable with my things even being moved to the garage as it was **raining.** Everything was in its own room in my office, he didn't need to go in there and destroy and move everything like he did end up doing.

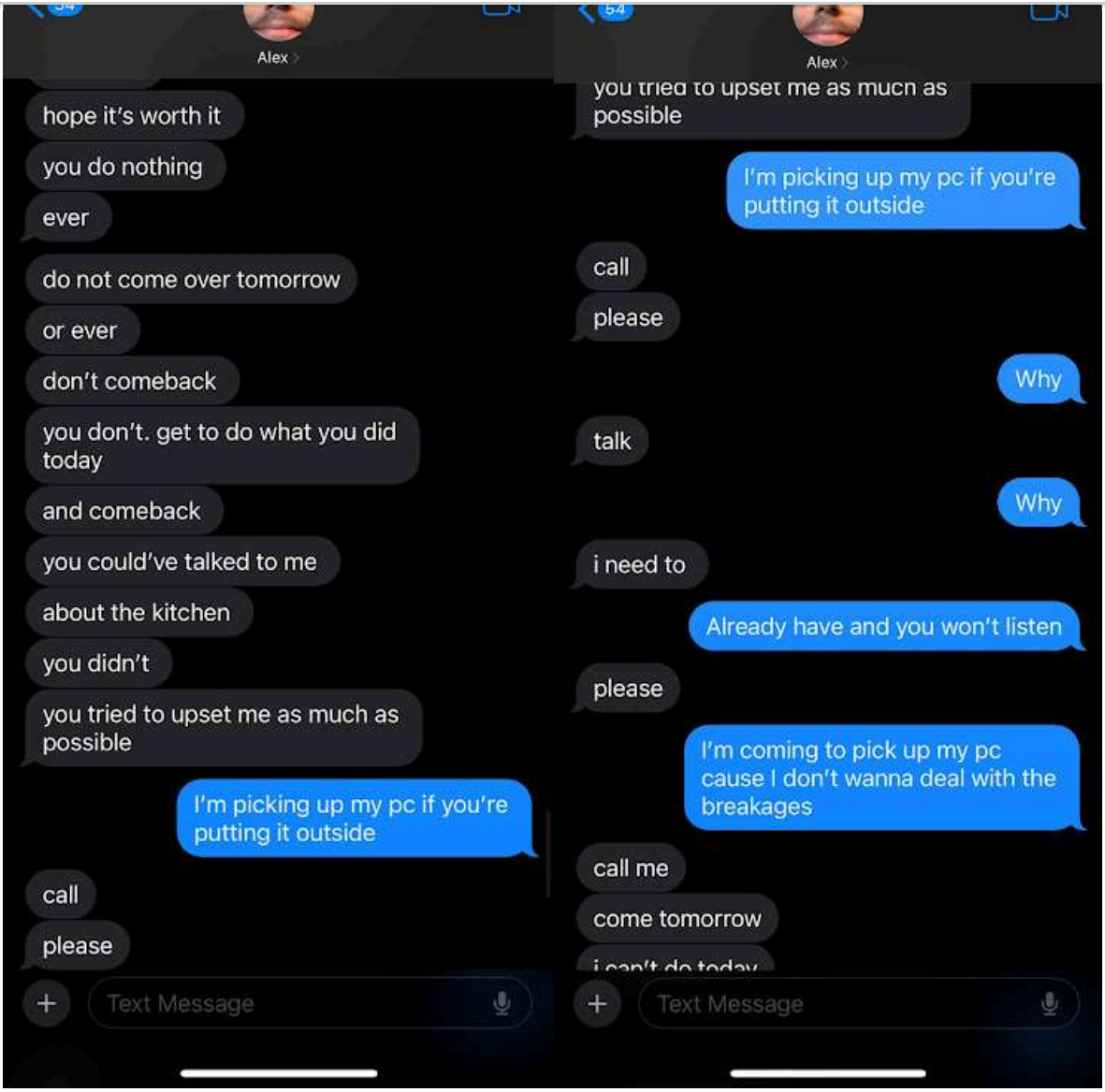
# Response - Read First


54
Alex
what the fuck
tell me what is actually happening here
it's not fucking fair
do you even have keys?
you've completely misrepresented everything
i don't know what your doing
and it's freaking. me out
i knew you were doing it earlier
why?
like why would you do this
answer the phone
and tell me what i'm doing with all this shit you've left on me
or i'm going to take it apart
and put it in a box
Garage or leave it alone
pick up
Text Message
54
Alex
or i'm going to take it apart
and put it in a box
Garage or leave it alone
pick up
what are you doing
why are you not talking to me
what the fuck
this is insane
I've asked you to leave my things alone for the night.
i've honestly never had anything like this in my life
Please do that Thankyou.
answer me?????
why won't you talk to me
this is mental
i can't believe you fuckign left
Text Message

# Response - Read First


54
Alex
this is mental
i can't believe you fuckign left
over the fucning kithcen
over your weird fuckign fits
you just had to talk to me
but you kept on being rude????
PICK UP
alright man you left me no choice
in throwing it out
i wanted to talk about this
but if you're going to do this to drive me mad
i can put it all somewhere you can collect it tomorrow
it's over
you've fucked up enough stuff for me
pick up the fucning phone
Text Message
54
Alex
it's over
you've fucked up enough stuff for me
pick up the fucning phone
for god sake
before i move this stuff and you complain
i don't want to break anything
okay
you win
you fucking win
you've turned me into a complete nervous wreck
because you are being a fucking stupid cunt
fuck man
hope it's worth it
you do nothing
Text Message

# Response - Read First



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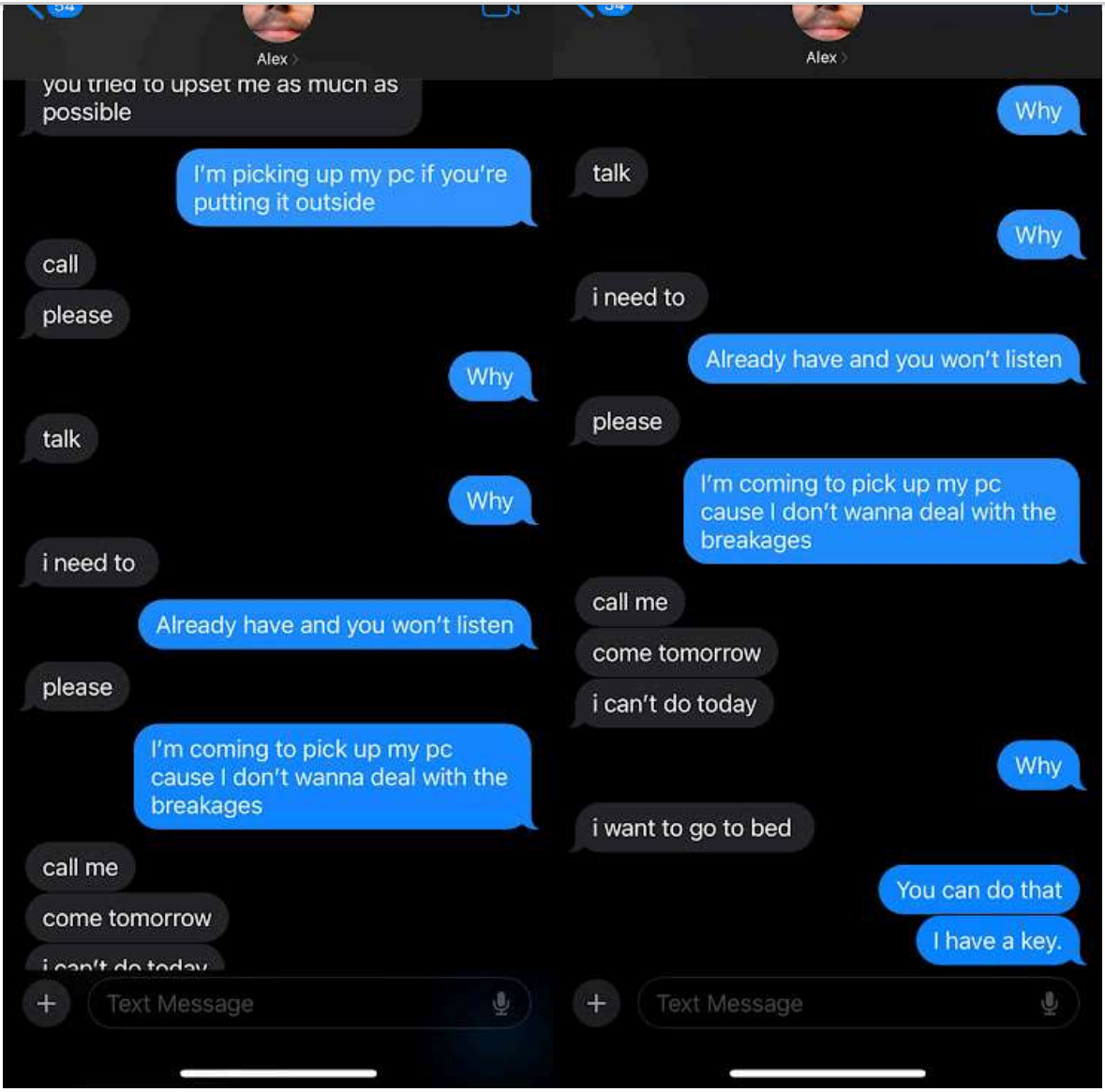
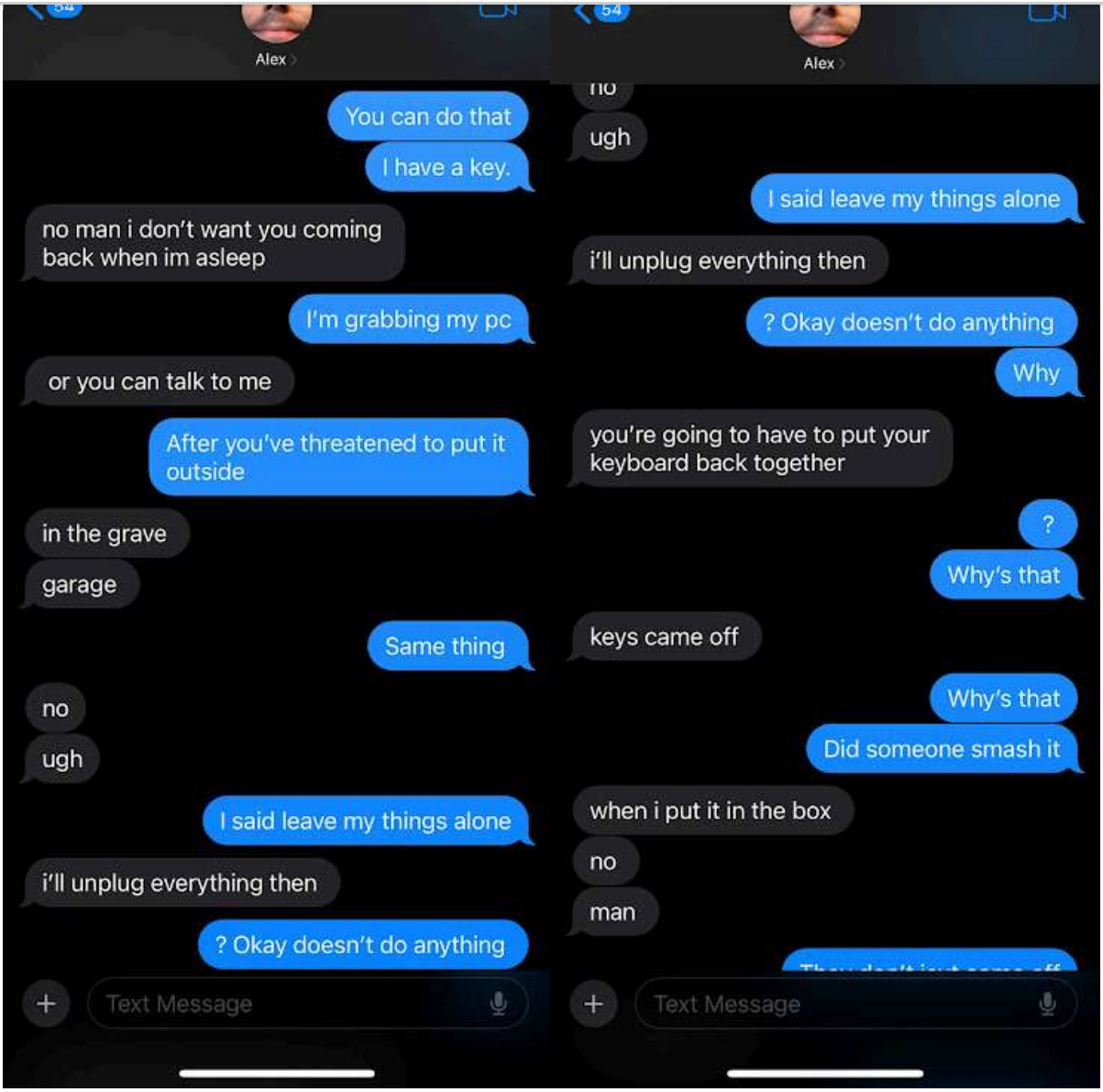


# Response - Read First



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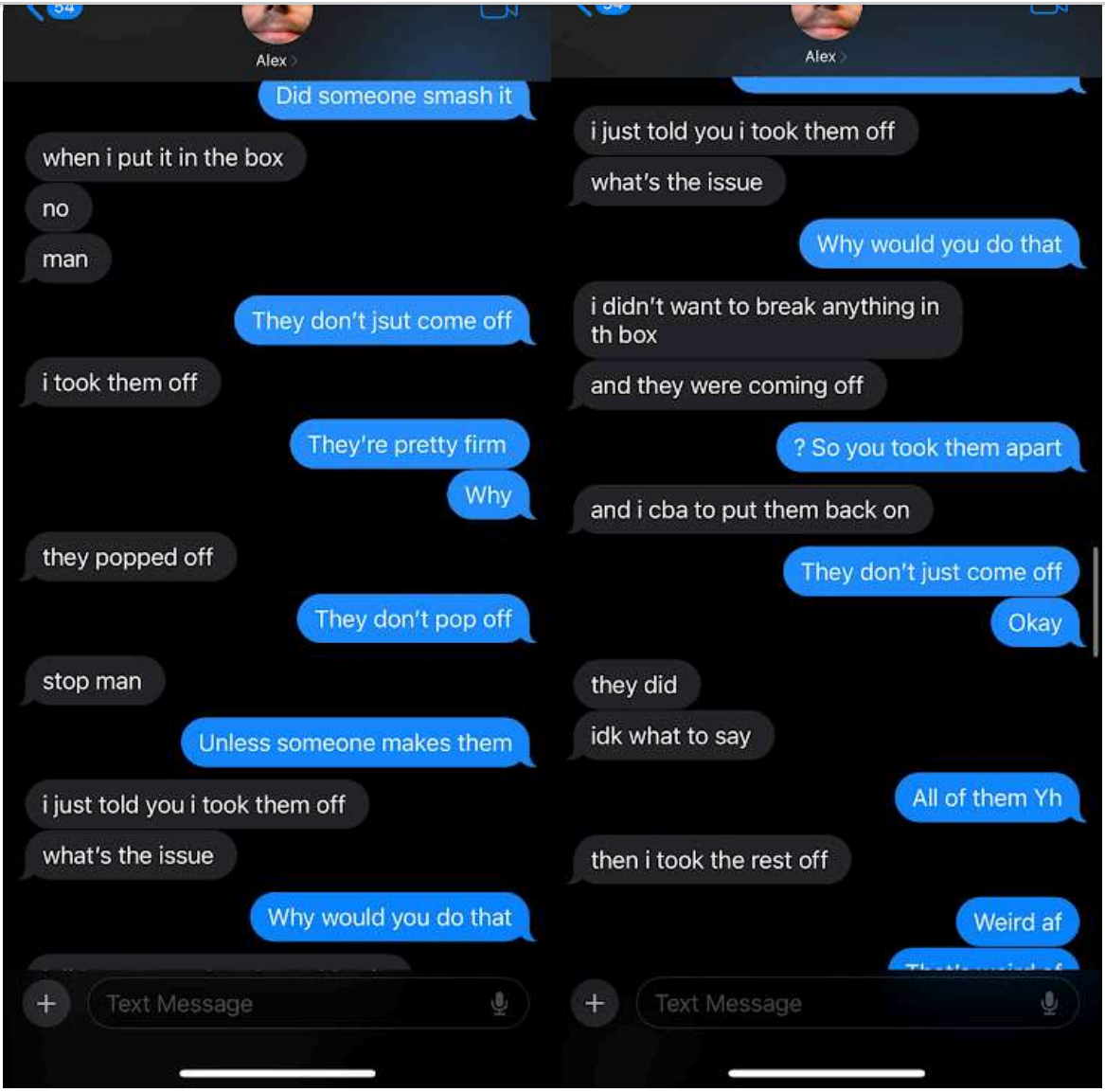

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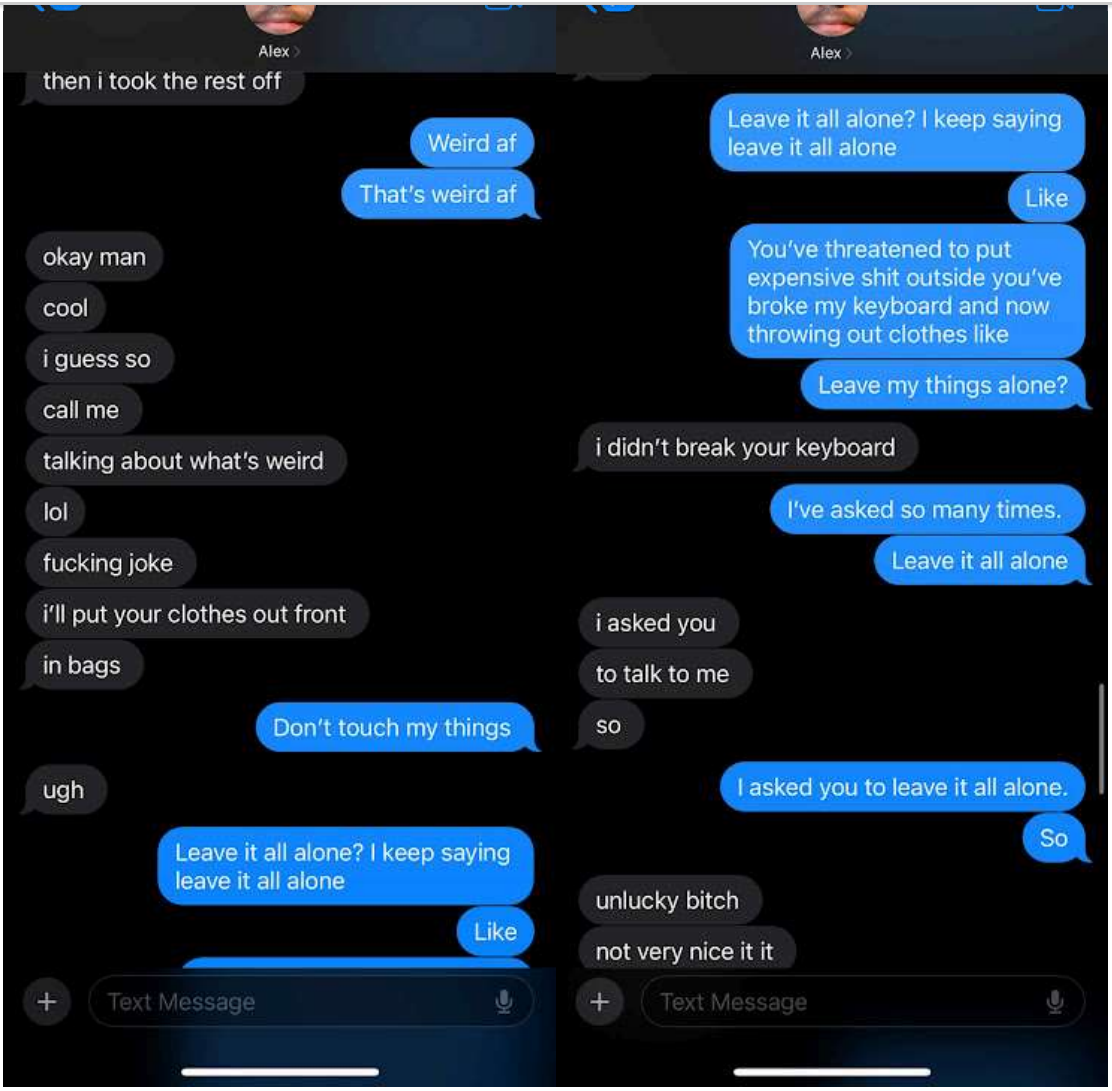

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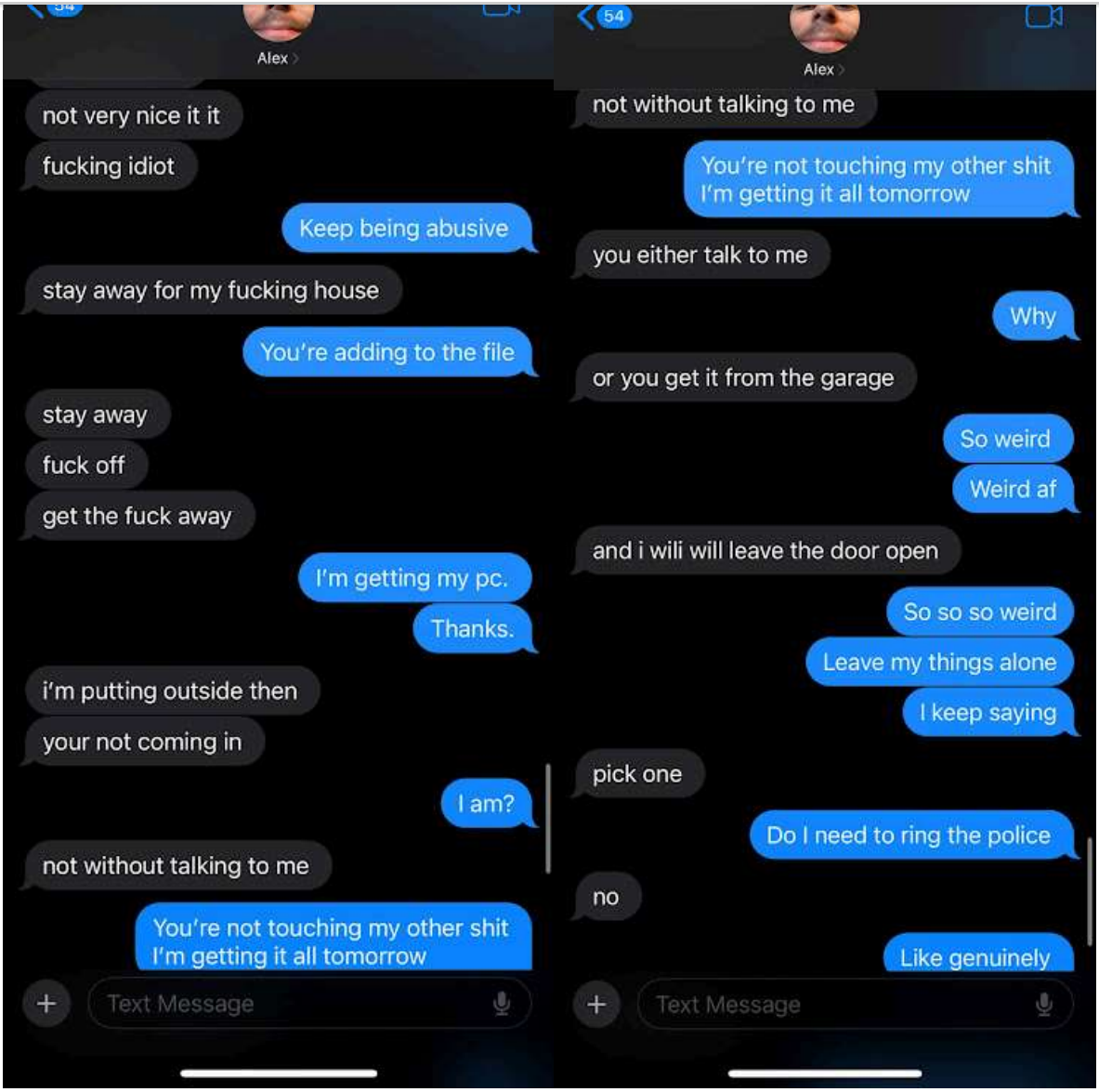

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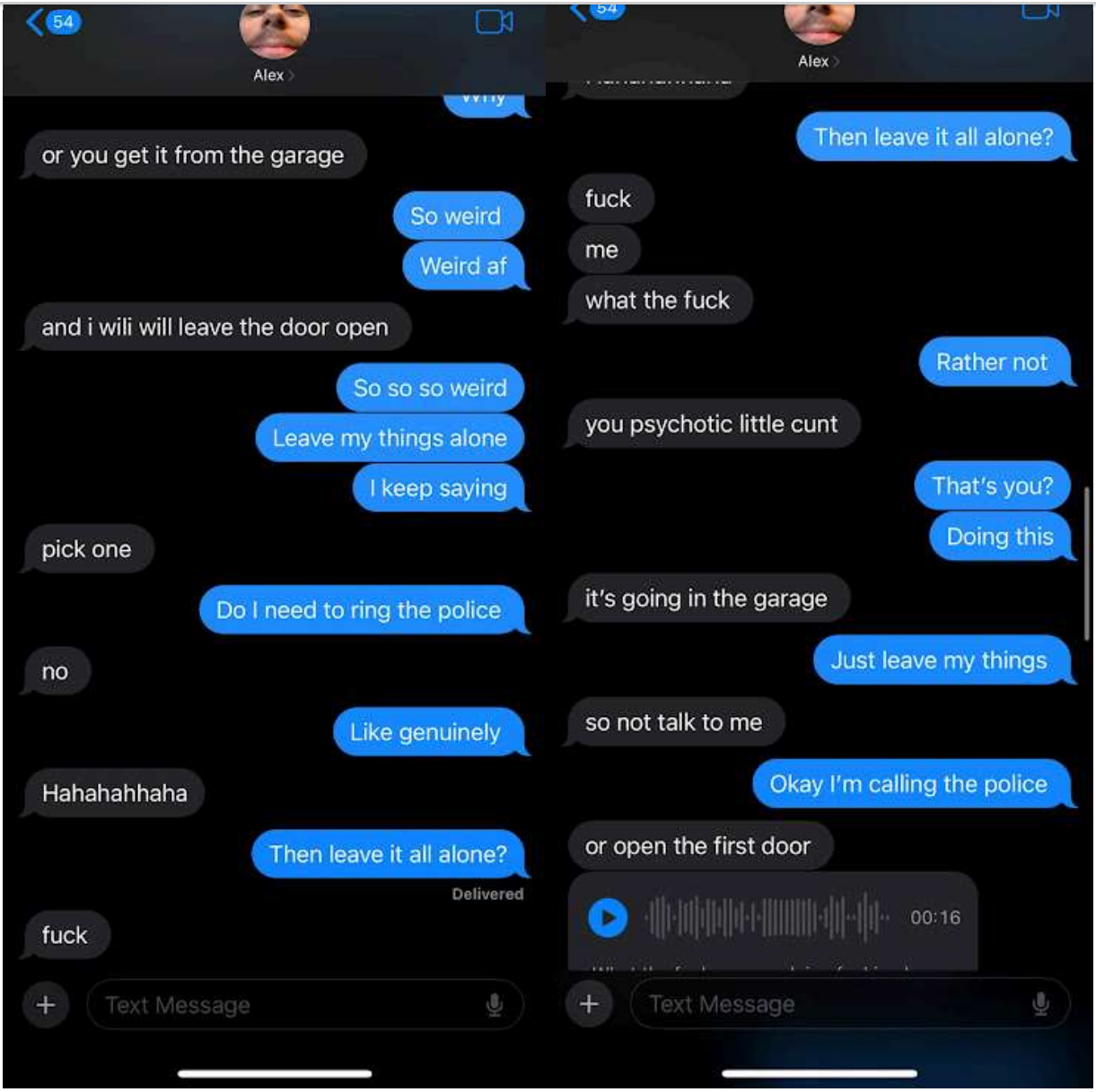
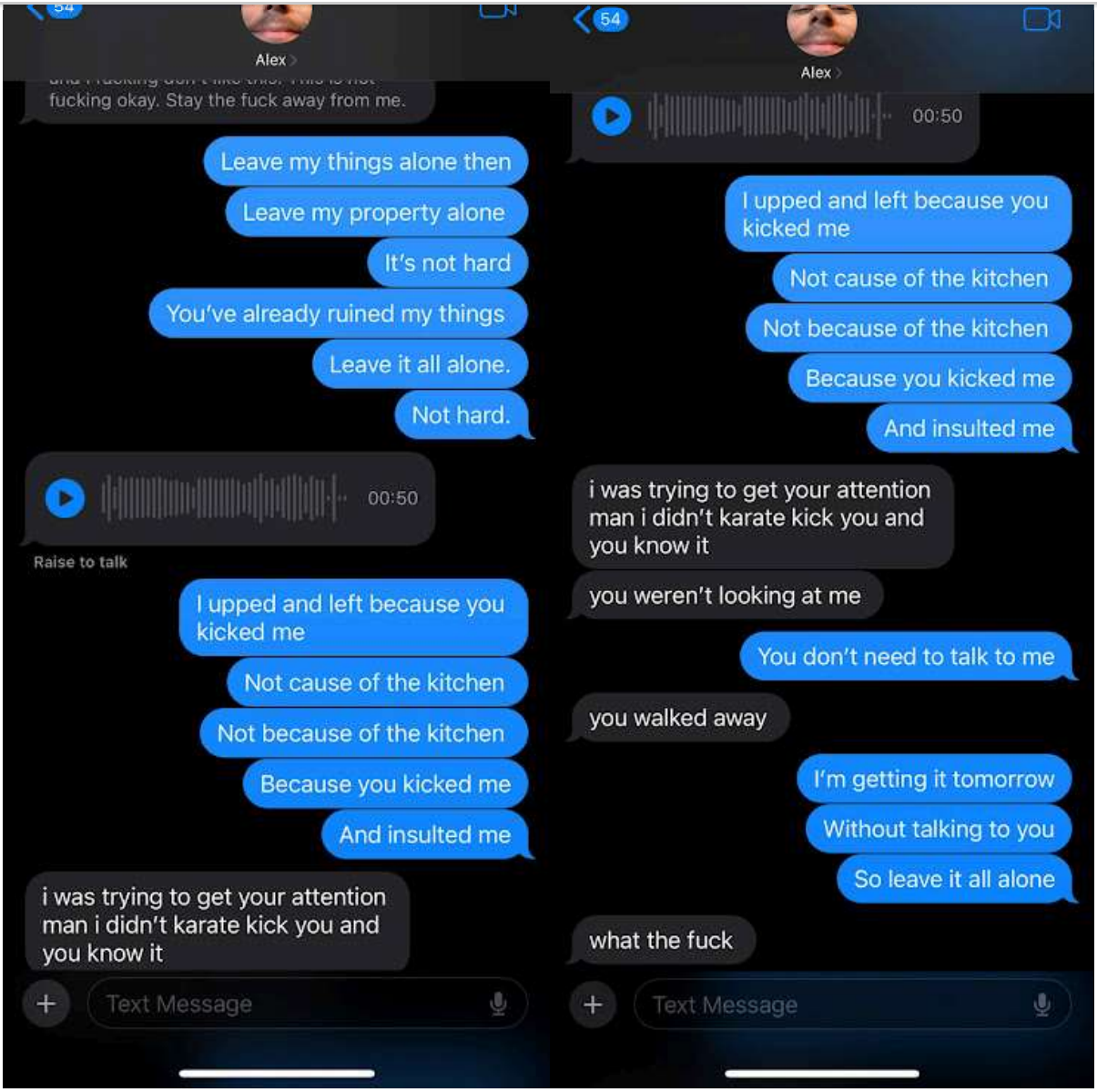


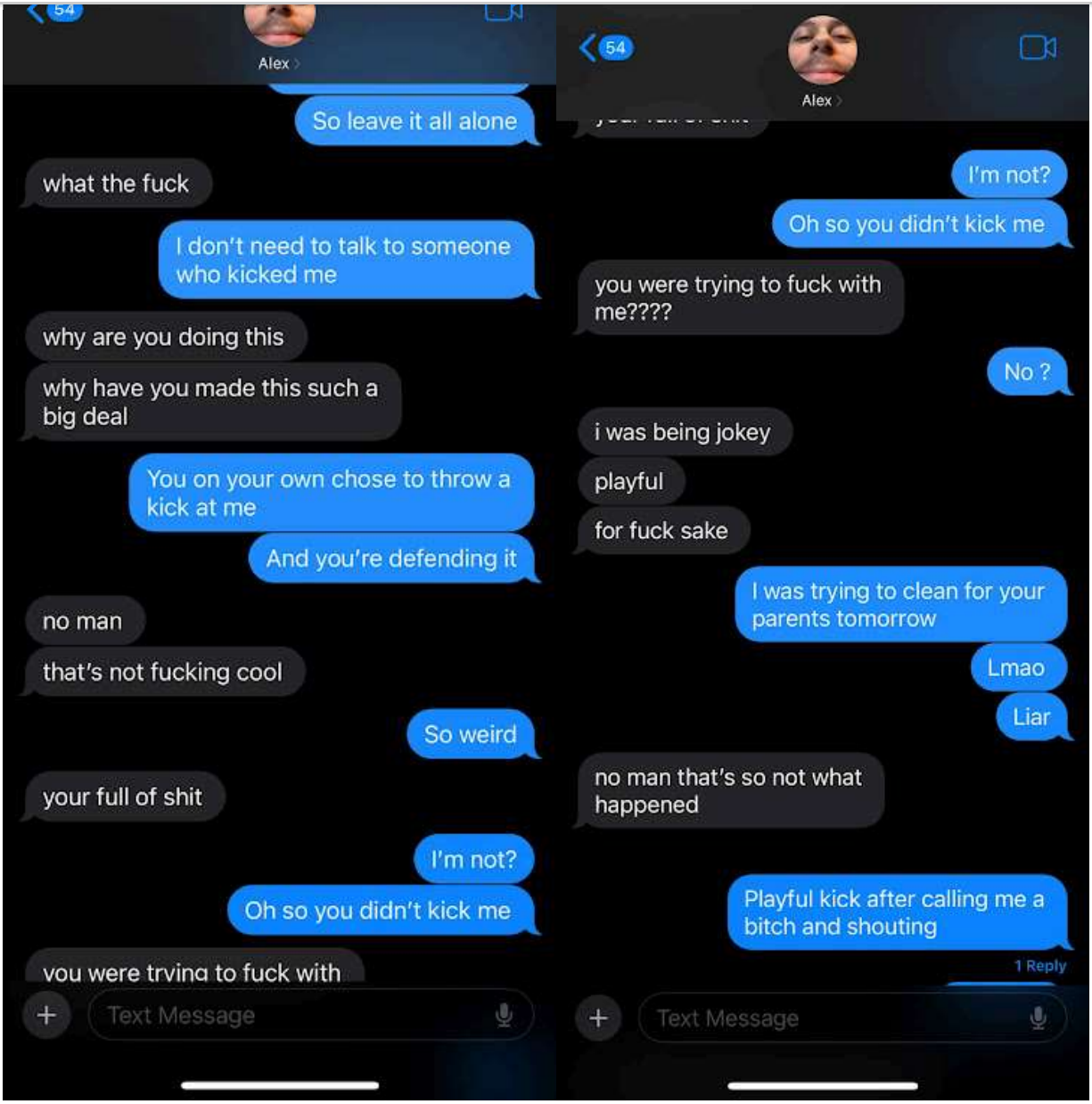

I'm going to be linking every voice message in this conversation. VOICE MESSAGE 1.

# Response - Read First

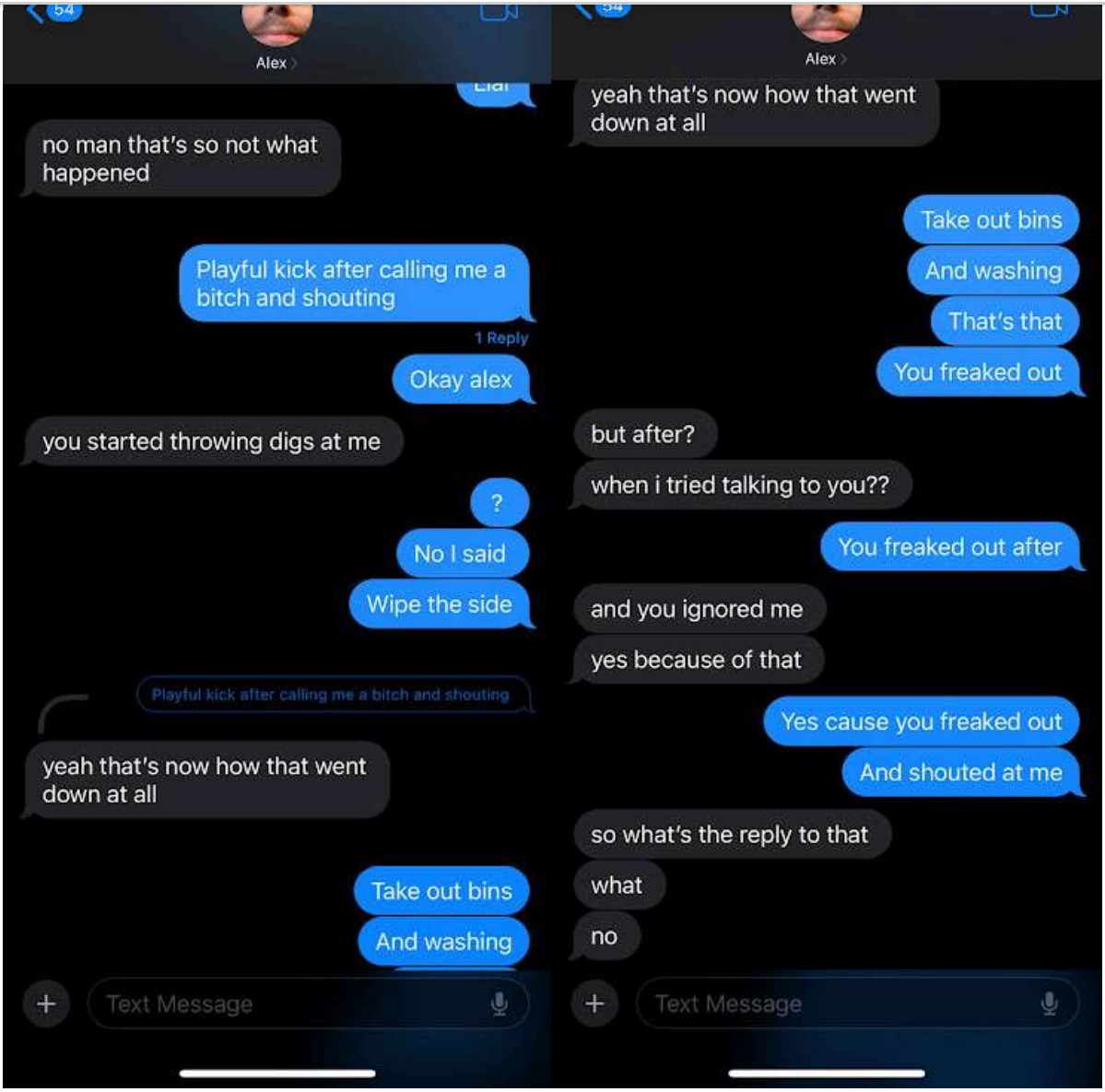

54
Alex
fucking okay. Stay the fuck away from me.
Leave my things alone then
Leave my property alone
It's not hard
You've already ruined my things
Leave it all alone.
Not hard.
00:50
Raise to talk
I upped and left because you kicked me
Not cause of the kitchen
Not because of the kitchen
Because you kicked me
And insulted me
i was trying to get your attention man i didn't karate kick you and you know it
Text Message
54
Alex
00:50
I upped and left because you kicked me
Not cause of the kitchen
Not because of the kitchen
Because you kicked me
And insulted me
i was trying to get your attention man i didn't karate kick you and you know it
you weren't looking at me
You don't need to talk to me
you walked away
I'm getting it tomorrow
Without talking to you
So leave it all alone
what the fuck
Text Message

VOICE MESSAGE 2.

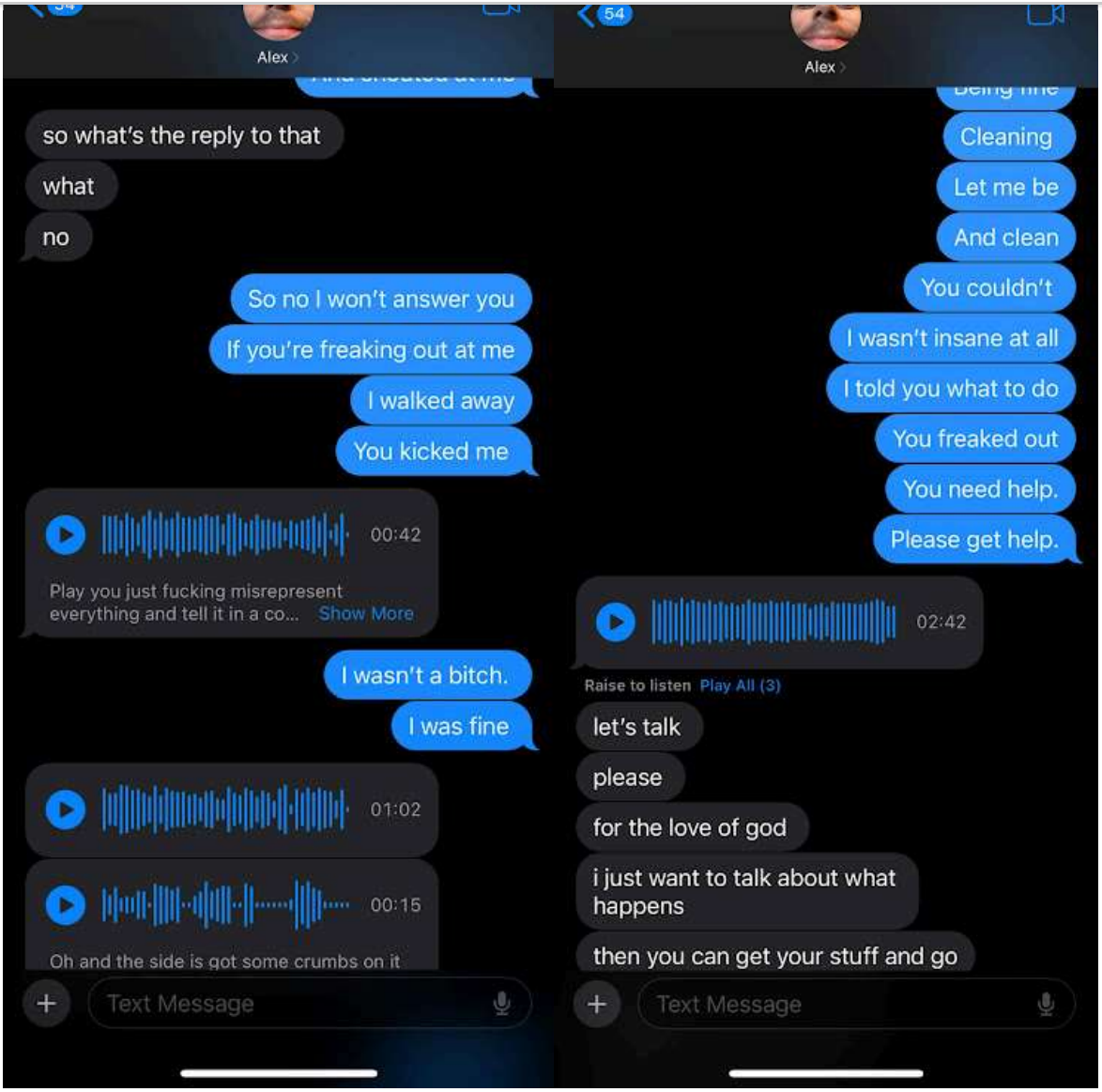
# Response - Read First


54
Alex
So leave it all alone
what the fuck
I don't need to talk to someone who kicked me
why are you doing this
why have you made this such a big deal
You on your own chose to throw a kick at me
And you're defending it
no man
that's not fucking cool
So weird
your full of shit
I'm not?
Oh so you didn't kick me
you were trying to fuck with
Text Message
54
Alex
I'm not?
Oh so you didn't kick me
you were trying to fuck with me????
No ?
i was being jokey
playful
for fuck sake
I was trying to clean for your parents tomorrow
Lmao
Liar
no man that's so not what happened
Playful kick after calling me a bitch and shouting
1 Reply
Text Message

# Response - Read First

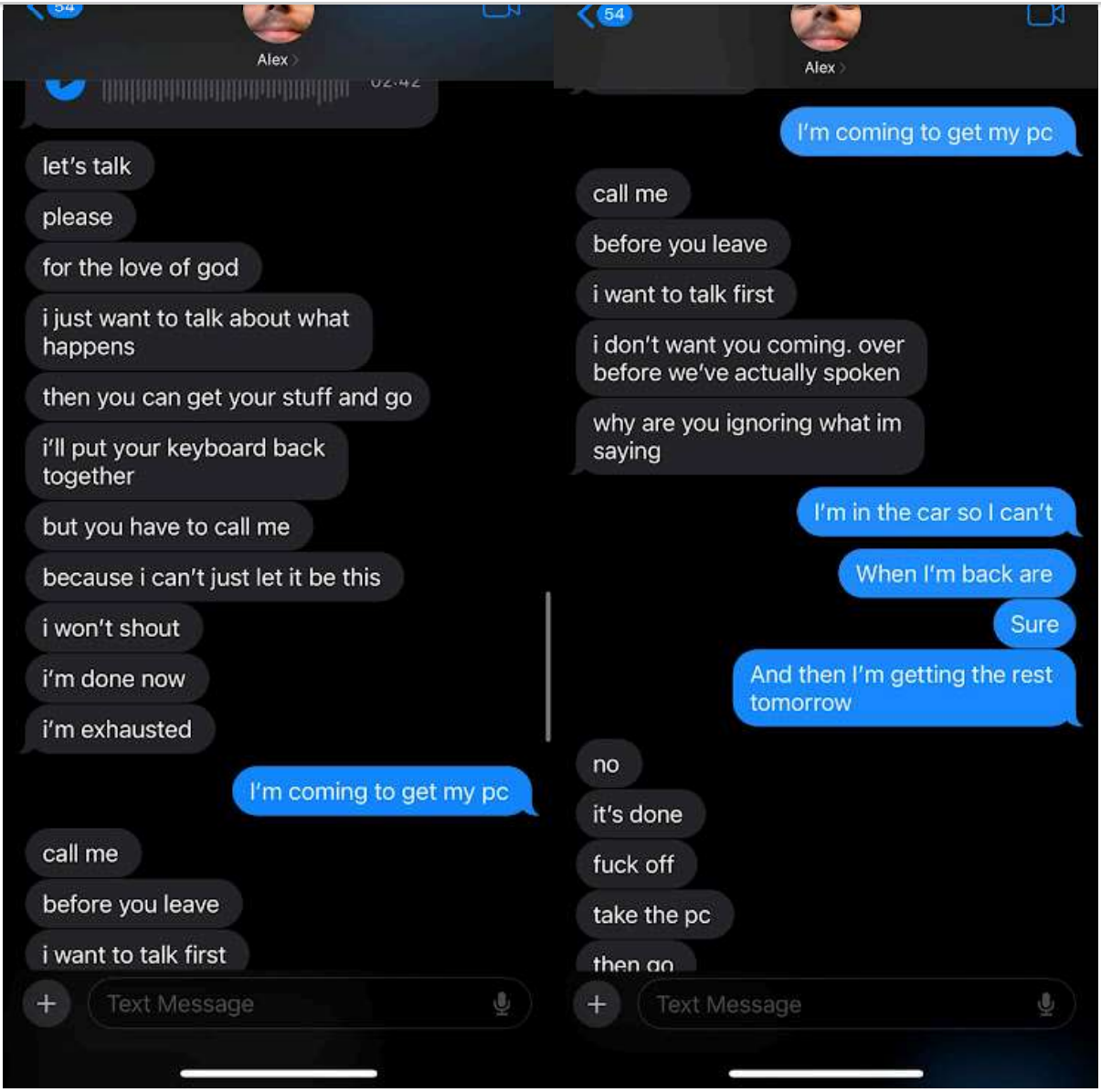


# Response - Read First




VOICE MESSAGE 3,4,5 all in one
Then VOICE MESSAGE 6

# Response - Read First



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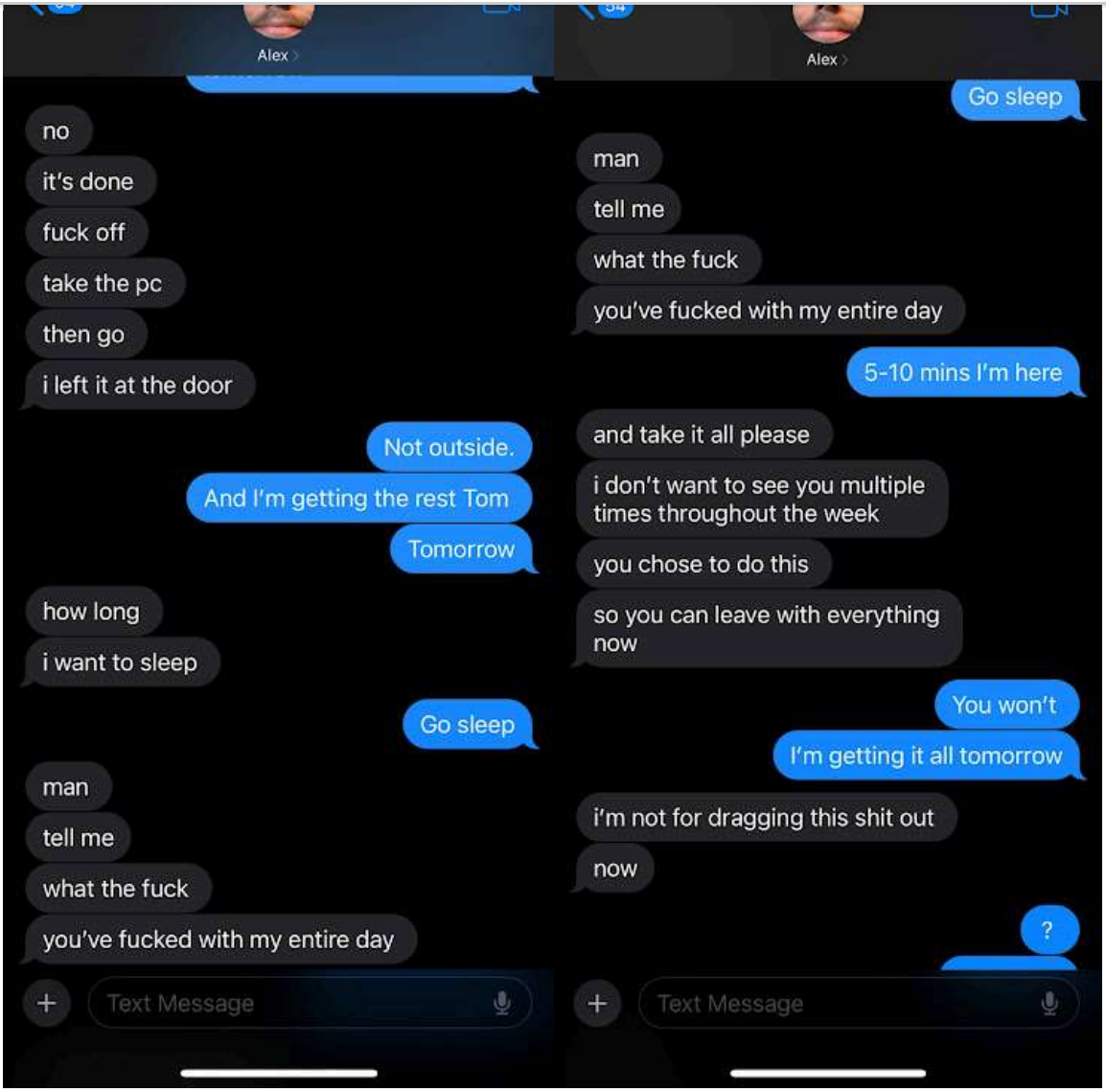
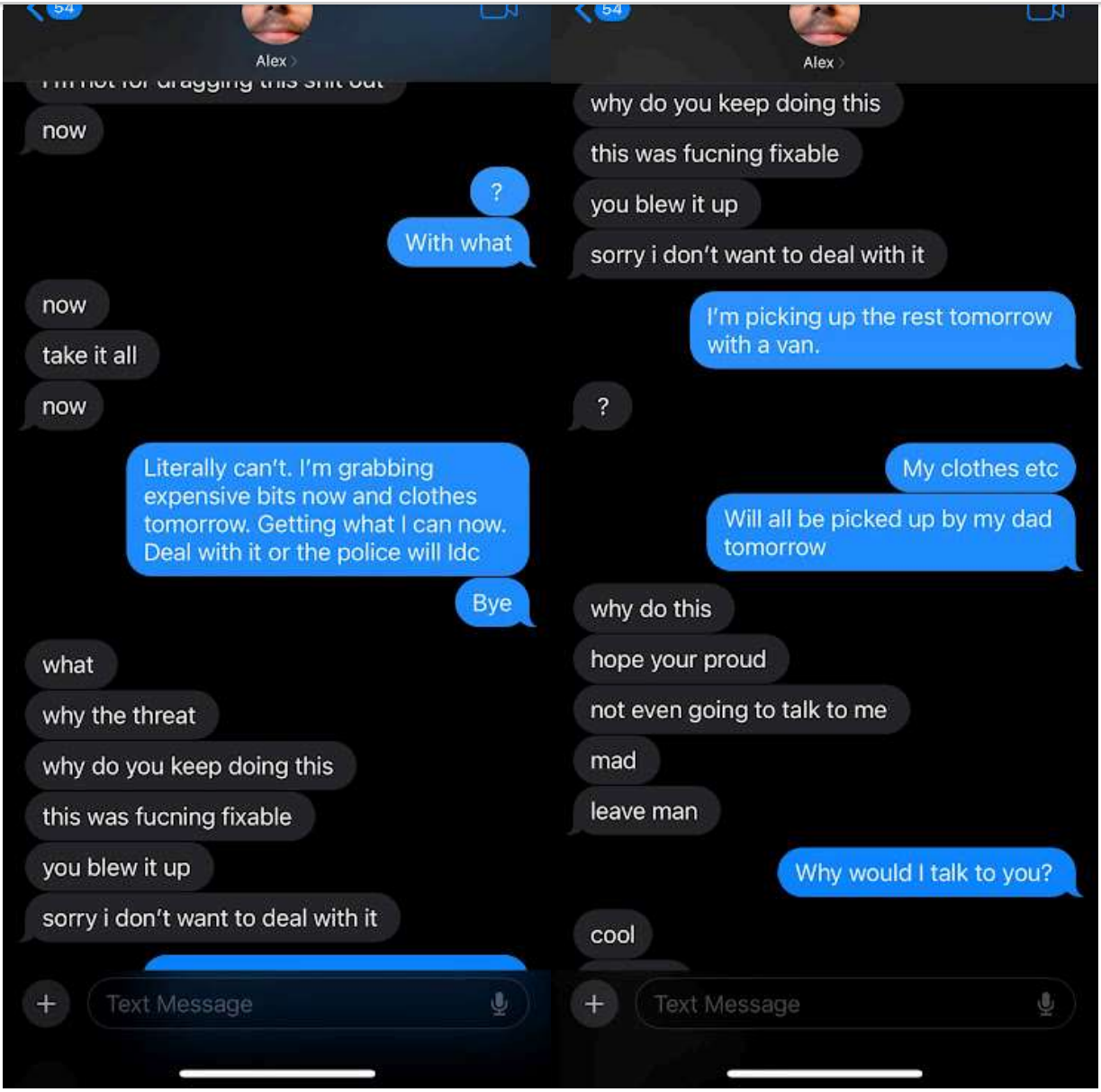
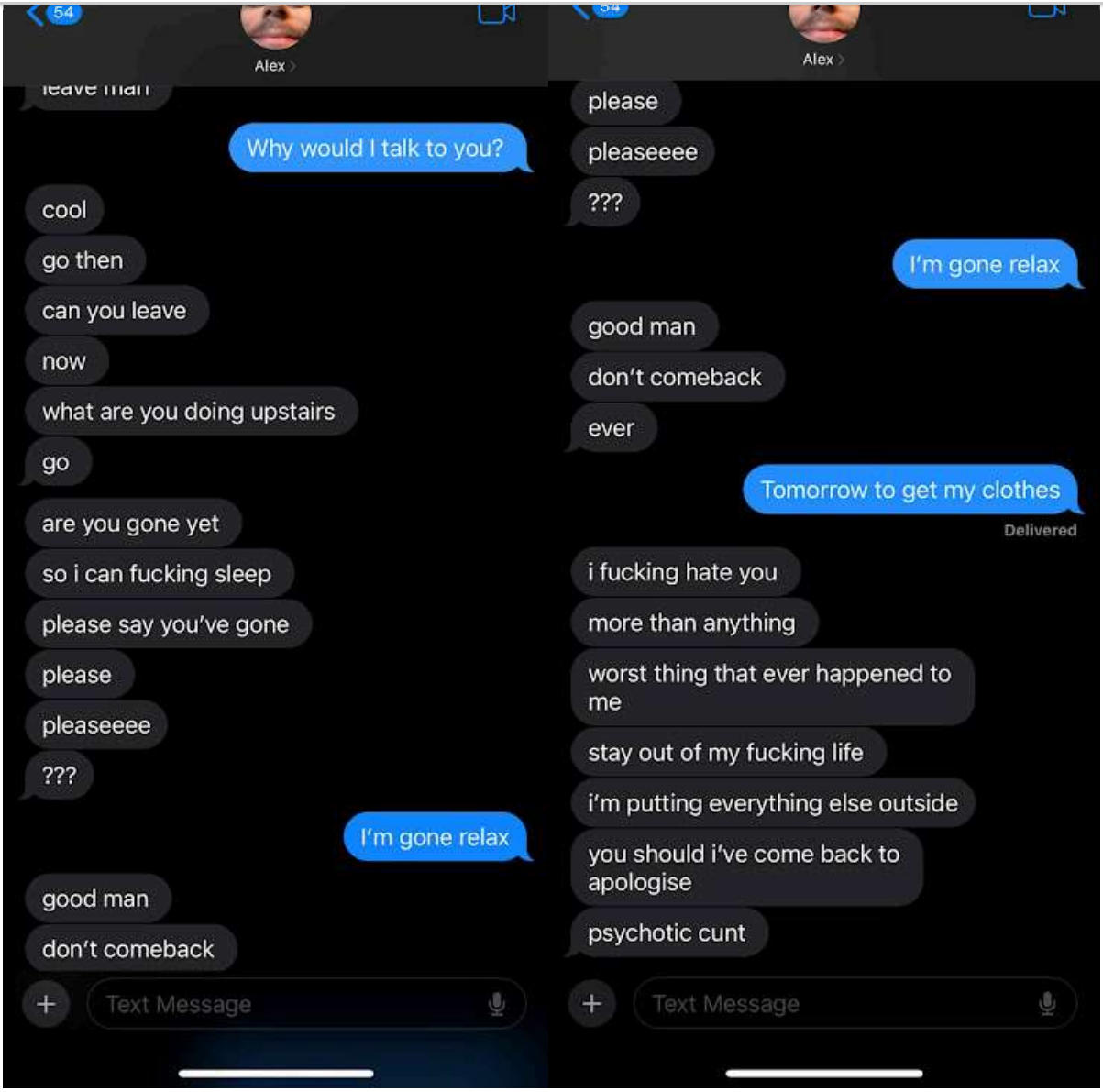


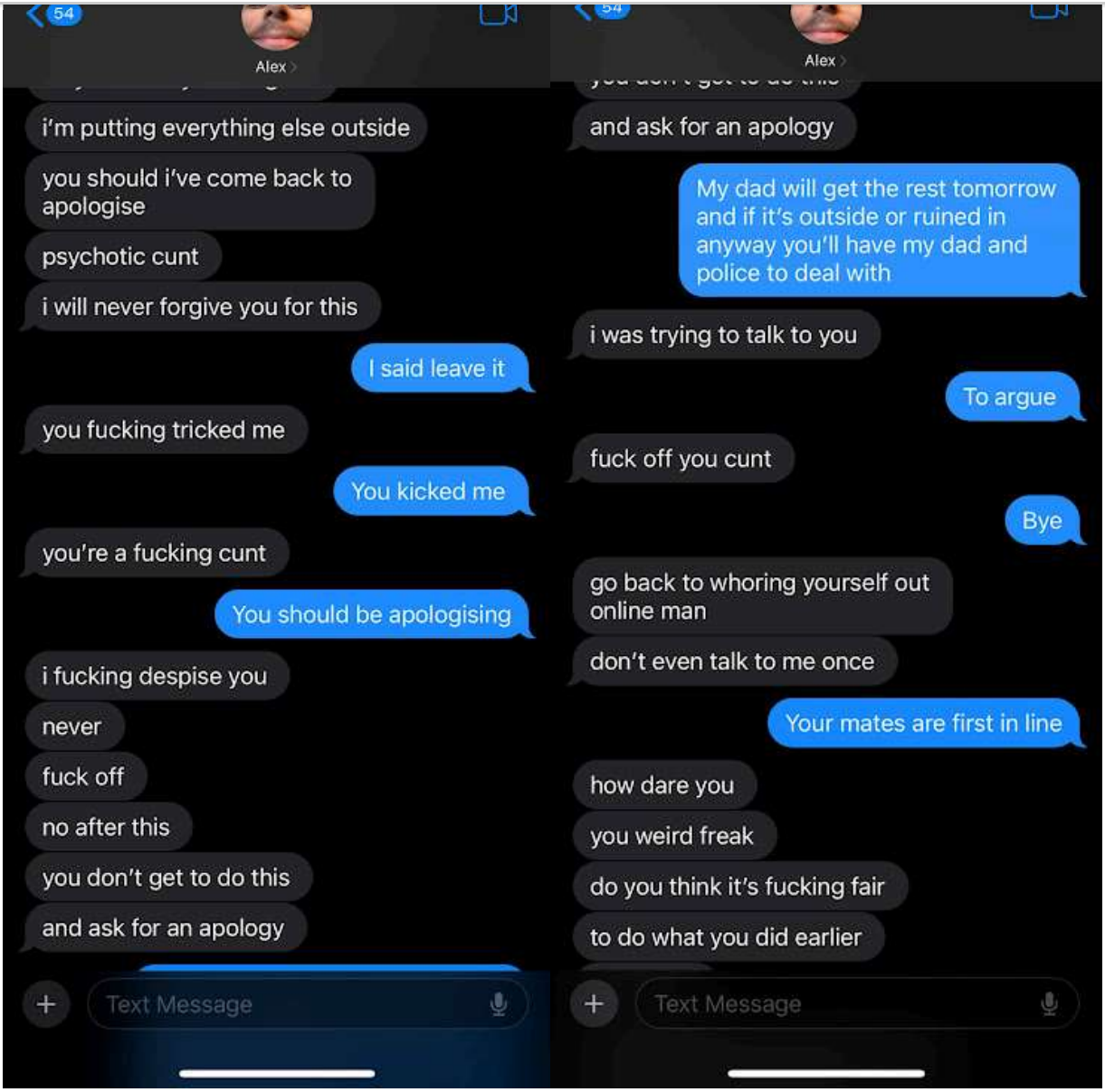
# Response - Read First



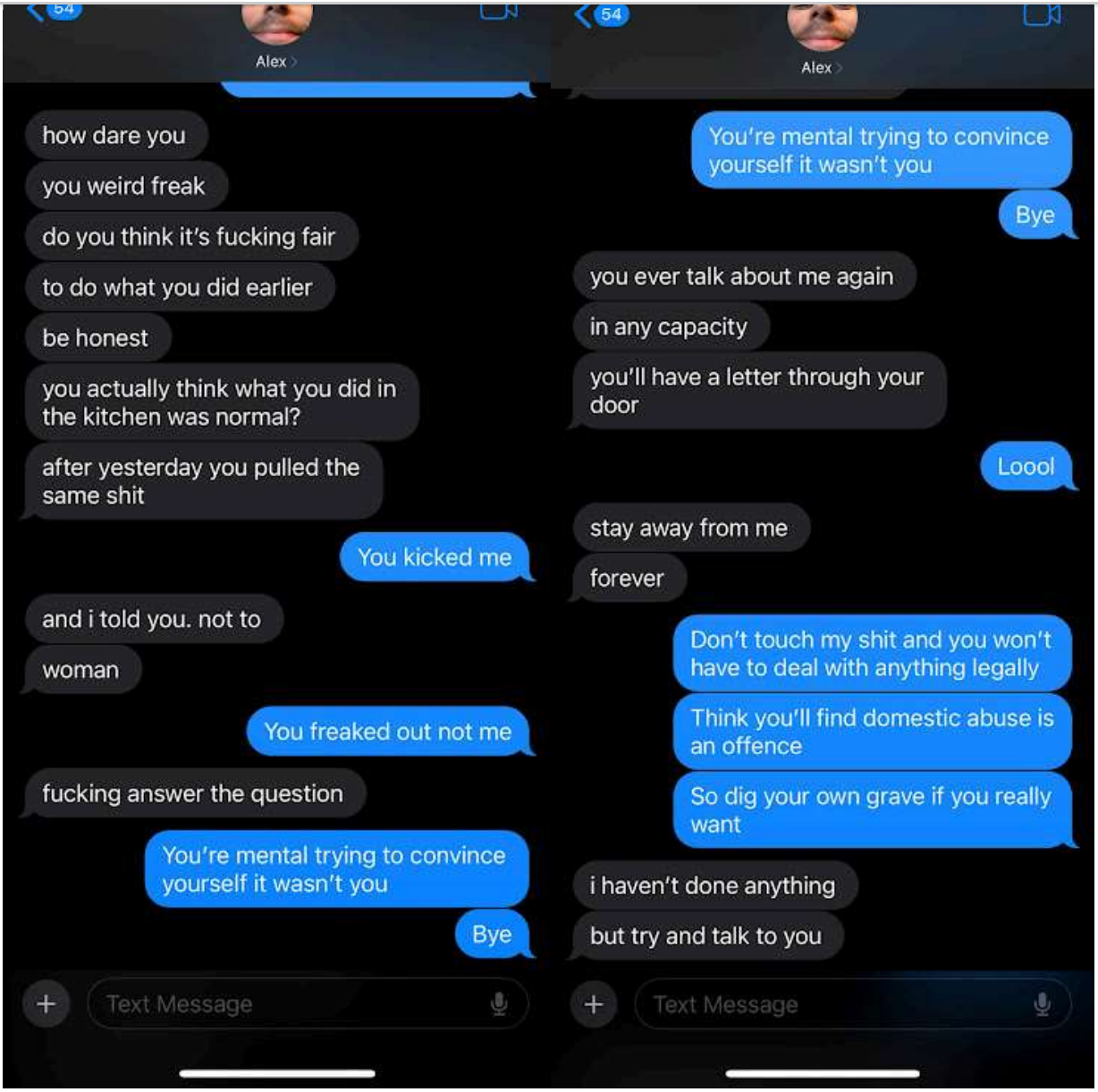
# Response - Read First



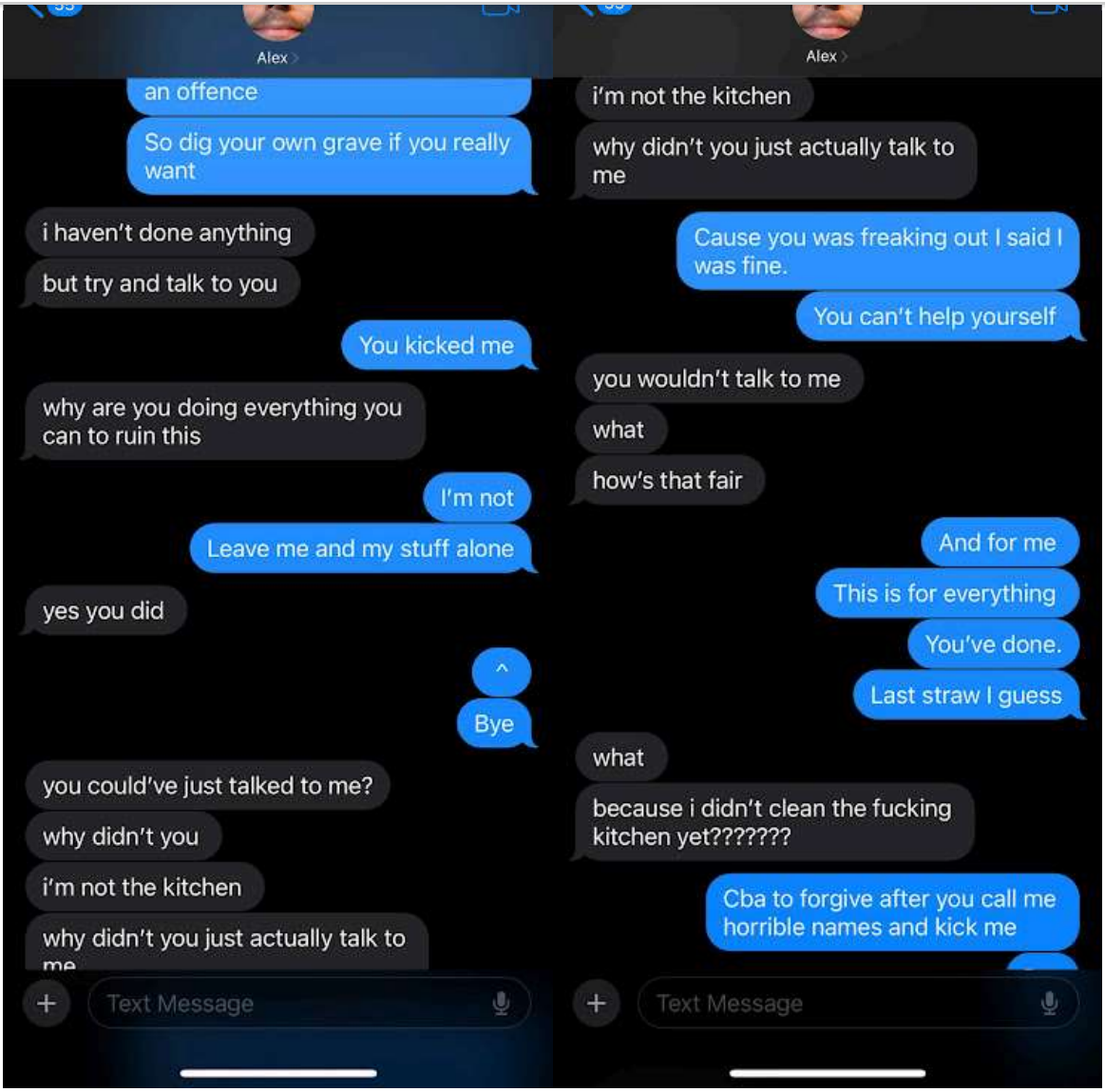
# Response - Read First


54
Alex
i'm putting everything else outside
you should i've come back to apologise
psychotic cunt
i will never forgive you for this
I said leave it
you fucking tricked me
You kicked me
you're a fucking cunt
You should be apologising
i fucking despise you
never
fuck off
no after this
you don't get to do this
and ask for an apology
Text Message
54
Alex
and ask for an apology
My dad will get the rest tomorrow and if it's outside or ruined in anyway you'll have my dad and police to deal with
i was trying to talk to you
To argue
fuck off you cunt
Bye
go back to whoring yourself out online man
don't even talk to me once
Your mates are first in line
how dare you
you weird freak
do you think it's fucking fair
to do what you did earlier
Text Message

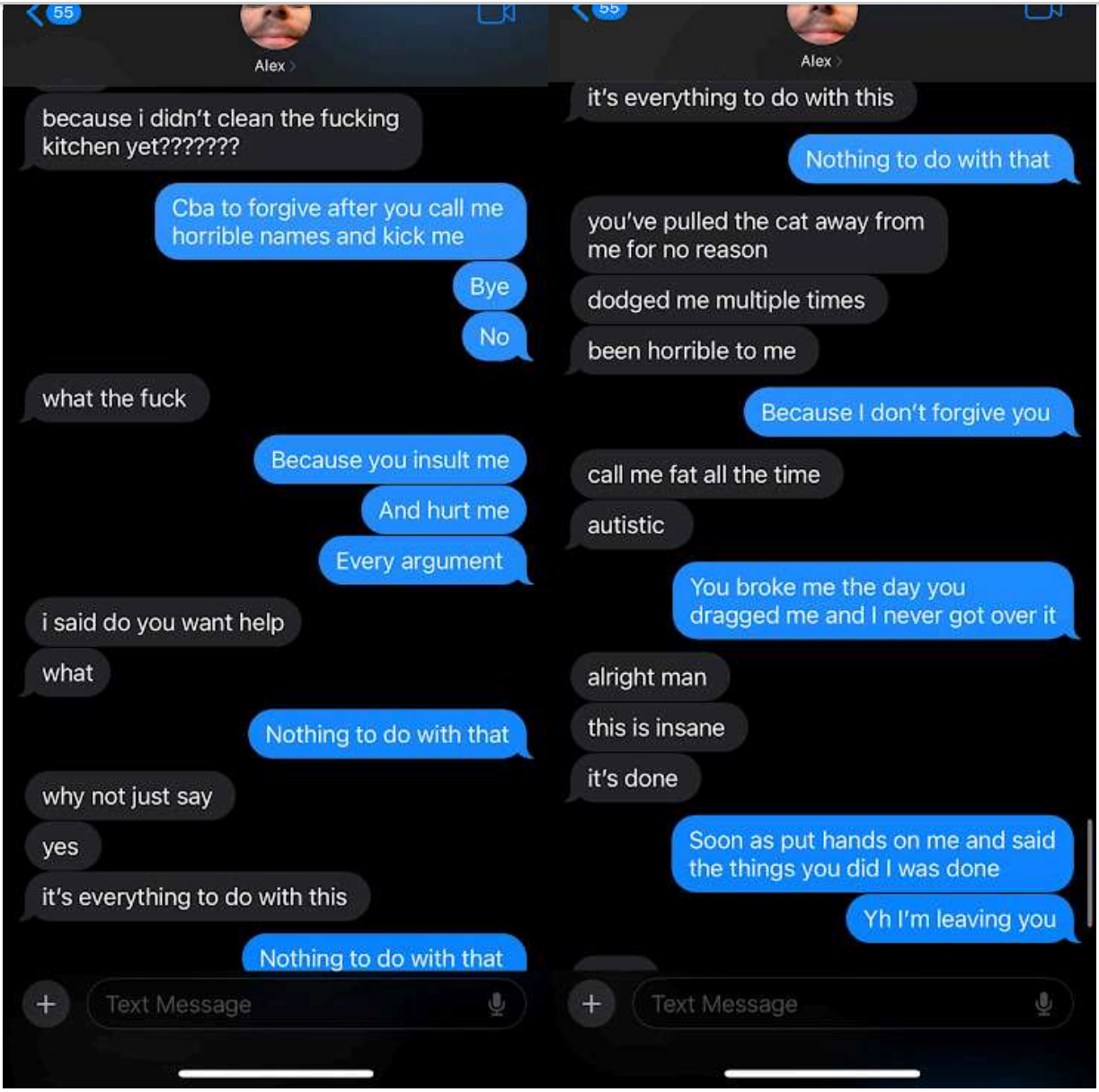
# Response - Read First


54
Alex
how dare you
you weird freak
do you think it's fucking fair
to do what you did earlier
be honest
you actually think what you did in the kitchen was normal?
after yesterday you pulled the same shit
You kicked me
and i told you. not to
woman
You freaked out not me
fucking answer the question
You're mental trying to convince yourself it wasn't you
Bye
Text Message
54
Alex
You're mental trying to convince yourself it wasn't you
Bye
you ever talk about me again
in any capacity
you'll have a letter through your door
Loool
stay away from me
forever
Don't touch my shit and you won't have to deal with anything legally
Think you'll find domestic abuse is an offence
So dig your own grave if you really want
i haven't done anything
but try and talk to you
Text Message

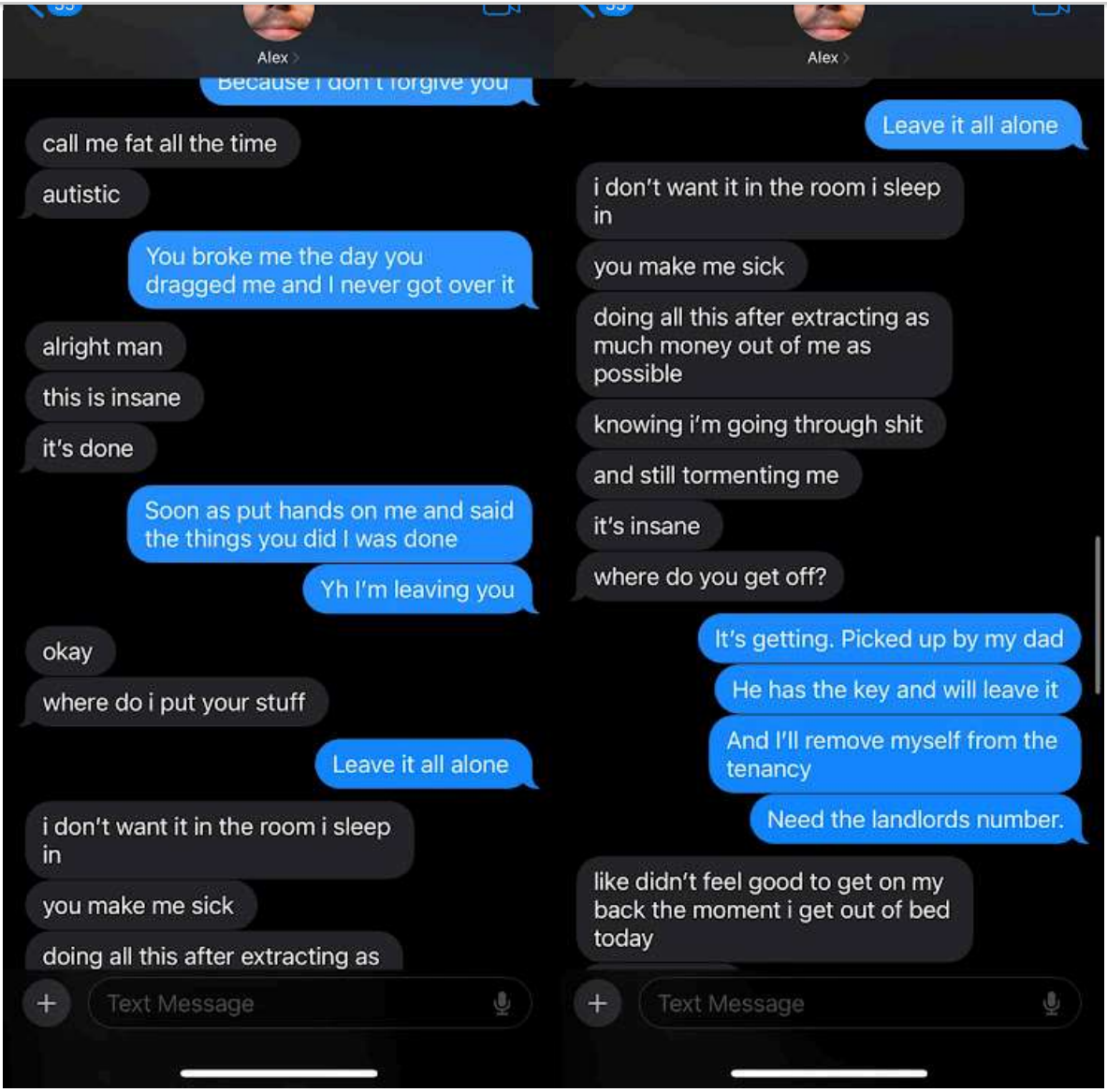
# Response - Read First


Alex
an offence
So dig your own grave if you really want
i haven't done anything
but try and talk to you
You kicked me
why are you doing everything you can to ruin this
I'm not
Leave me and my stuff alone
yes you did
^
Bye
you could've just talked to me?
why didn't you
i'm not the kitchen
why didn't you just actually talk to me
Text Message
Alex
i'm not the kitchen
why didn't you just actually talk to me
Cause you was freaking out I said I was fine.
You can't help yourself
you wouldn't talk to me
what
how's that fair
And for me
This is for everything
You've done.
Last straw I guess
what
because i didn't clean the fucking kitchen yet???????
Cba to forgive after you call me horrible names and kick me
Text Message

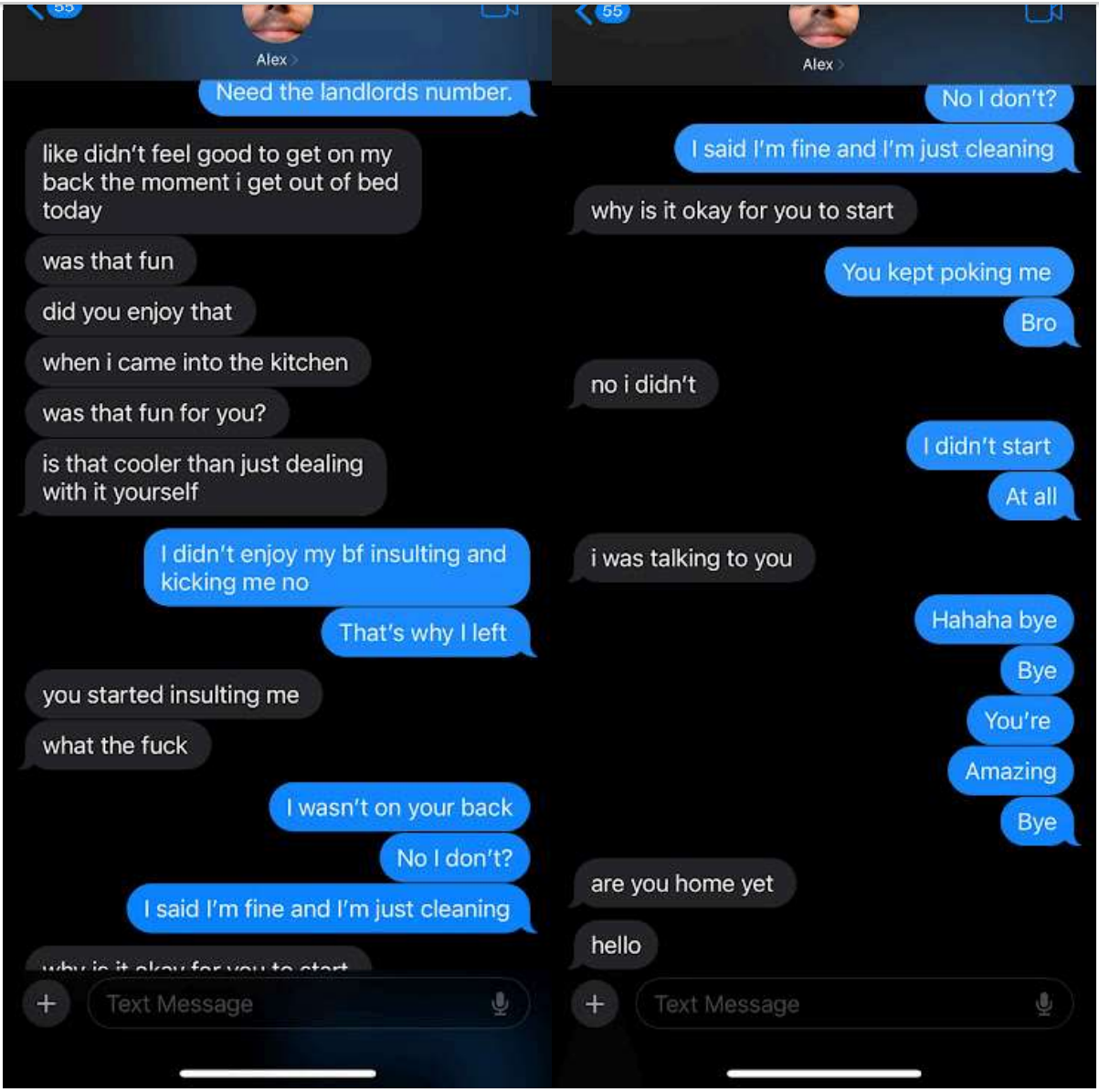
# Response - Read First


55
Alex
because i didn't clean the fucking kitchen yet???????
Cba to forgive after you call me horrible names and kick me
Bye
No
what the fuck
Because you insult me
And hurt me
Every argument
i said do you want help
what
Nothing to do with that
why not just say
yes
it's everything to do with this
Nothing to do with that
Text Message
55
Alex
it's everything to do with this
Nothing to do with that
you've pulled the cat away from me for no reason
dodged me multiple times
been horrible to me
Because I don't forgive you
call me fat all the time
autistic
You broke me the day you dragged me and I never got over it
alright man
this is insane
it's done
Soon as put hands on me and said the things you did I was done
Yh I'm leaving you
Text Message

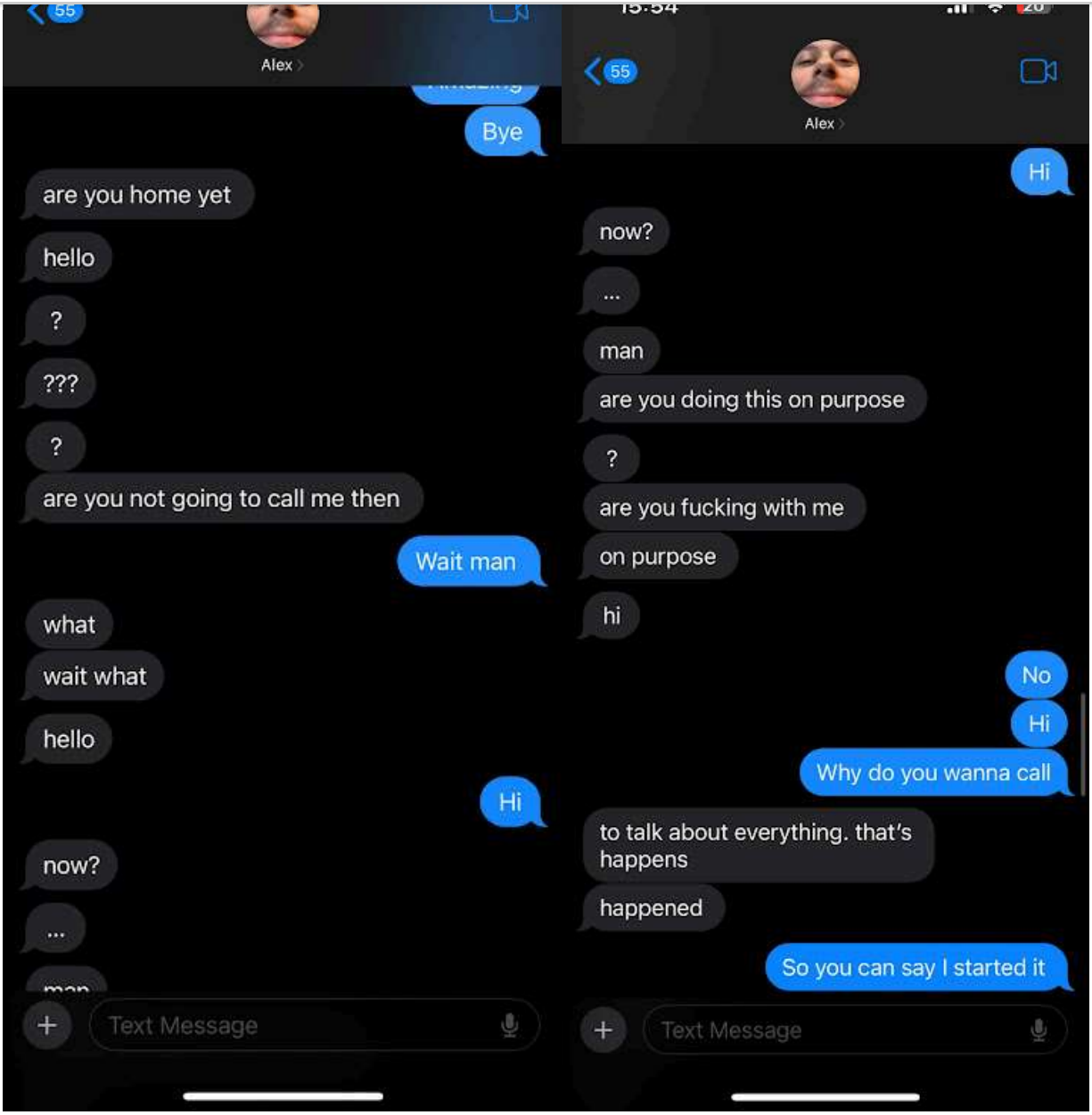
# Response - Read First


Alex
Because I don't forgive you
call me fat all the time
autistic
You broke me the day you dragged me and I never got over it
alright man
this is insane
it's done
Soon as put hands on me and said the things you did I was done
Yh I'm leaving you
okay
where do i put your stuff
Leave it all alone
i don't want it in the room i sleep in
you make me sick
doing all this after extracting as
Text Message
Alex
Leave it all alone
i don't want it in the room i sleep in
you make me sick
doing all this after extracting as much money out of me as possible
knowing i'm going through shit
and still tormenting me
it's insane
where do you get off?
It's getting. Picked up by my dad
He has the key and will leave it
And I'll remove myself from the tenancy
Need the landlords number.
like didn't feel good to get on my back the moment i get out of bed today
Text Message

# Response - Read First


Alex
Need the landlords number.
like didn't feel good to get on my back the moment i get out of bed today
was that fun
did you enjoy that
when i came into the kitchen
was that fun for you?
is that cooler than just dealing with it yourself
I didn't enjoy my bf insulting and kicking me no
That's why I left
you started insulting me
what the fuck
I wasn't on your back
No I don't?
I said I'm fine and I'm just cleaning
Text Message
Alex
No I don't?
I said I'm fine and I'm just cleaning
why is it okay for you to start
You kept poking me
Bro
no i didn't
I didn't start
At all
i was talking to you
Hahaha bye
Bye
You're
Amazing
Bye
are you home yet
hello
Text Message

# Response - Read First



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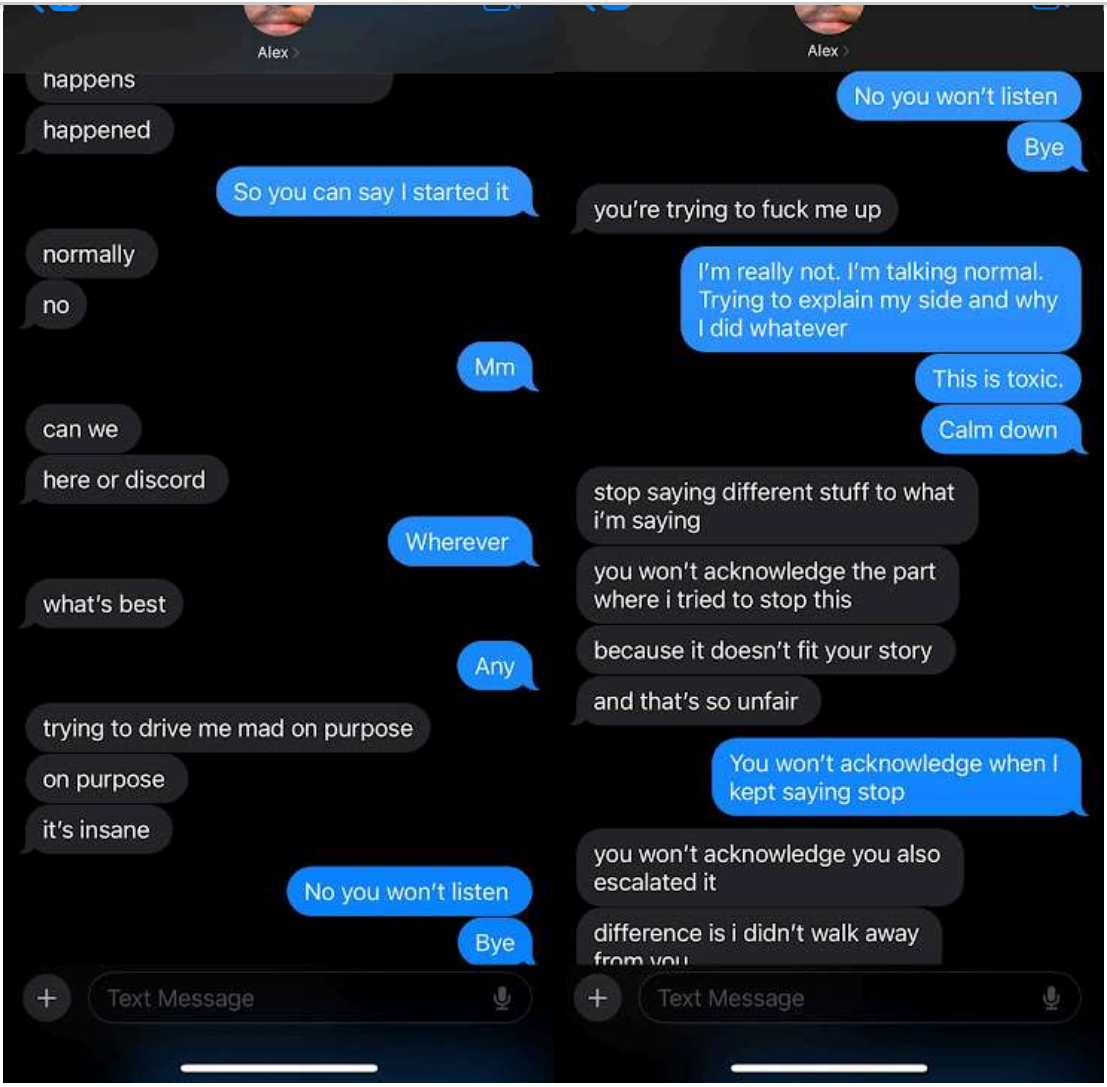

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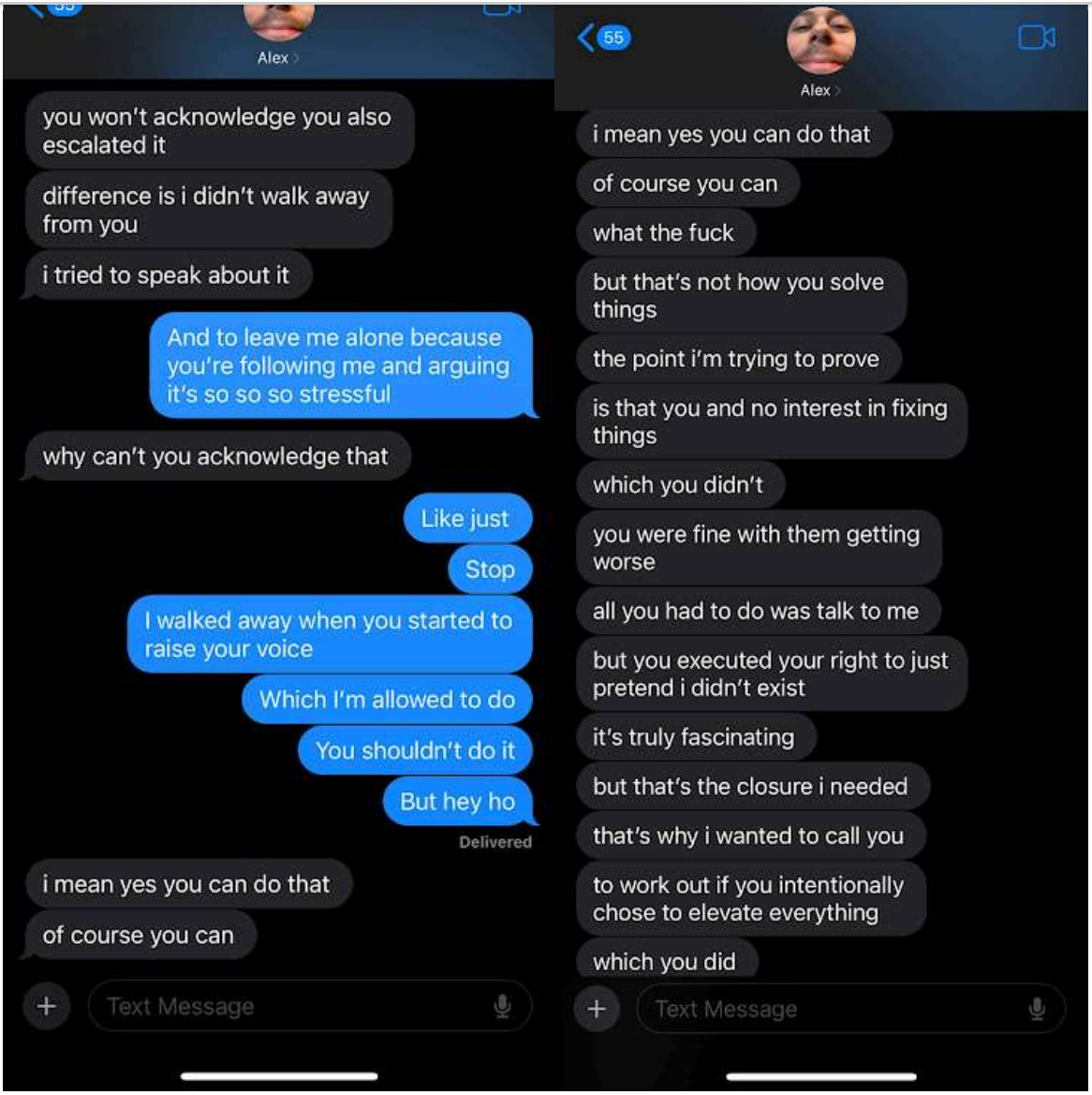
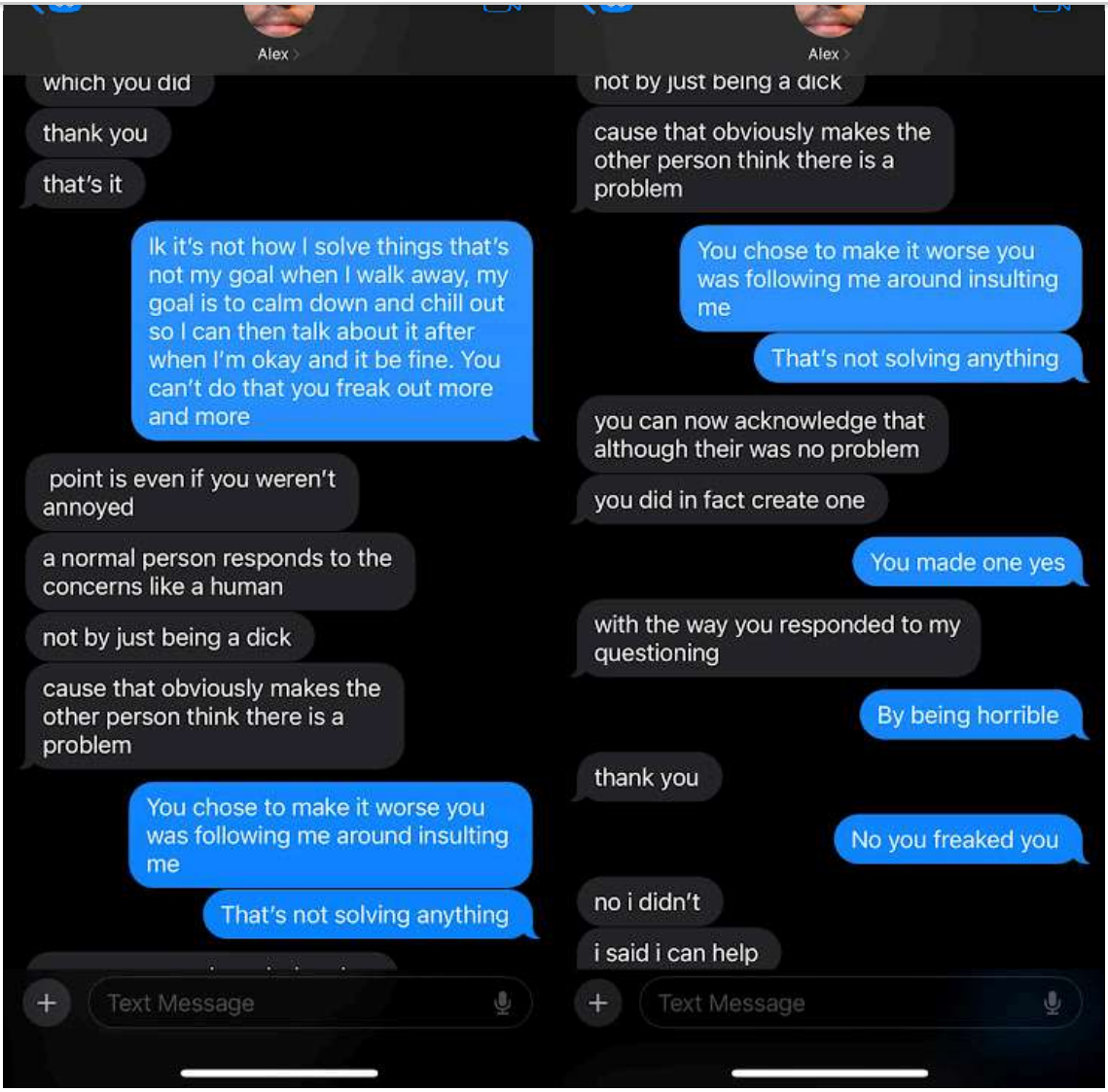
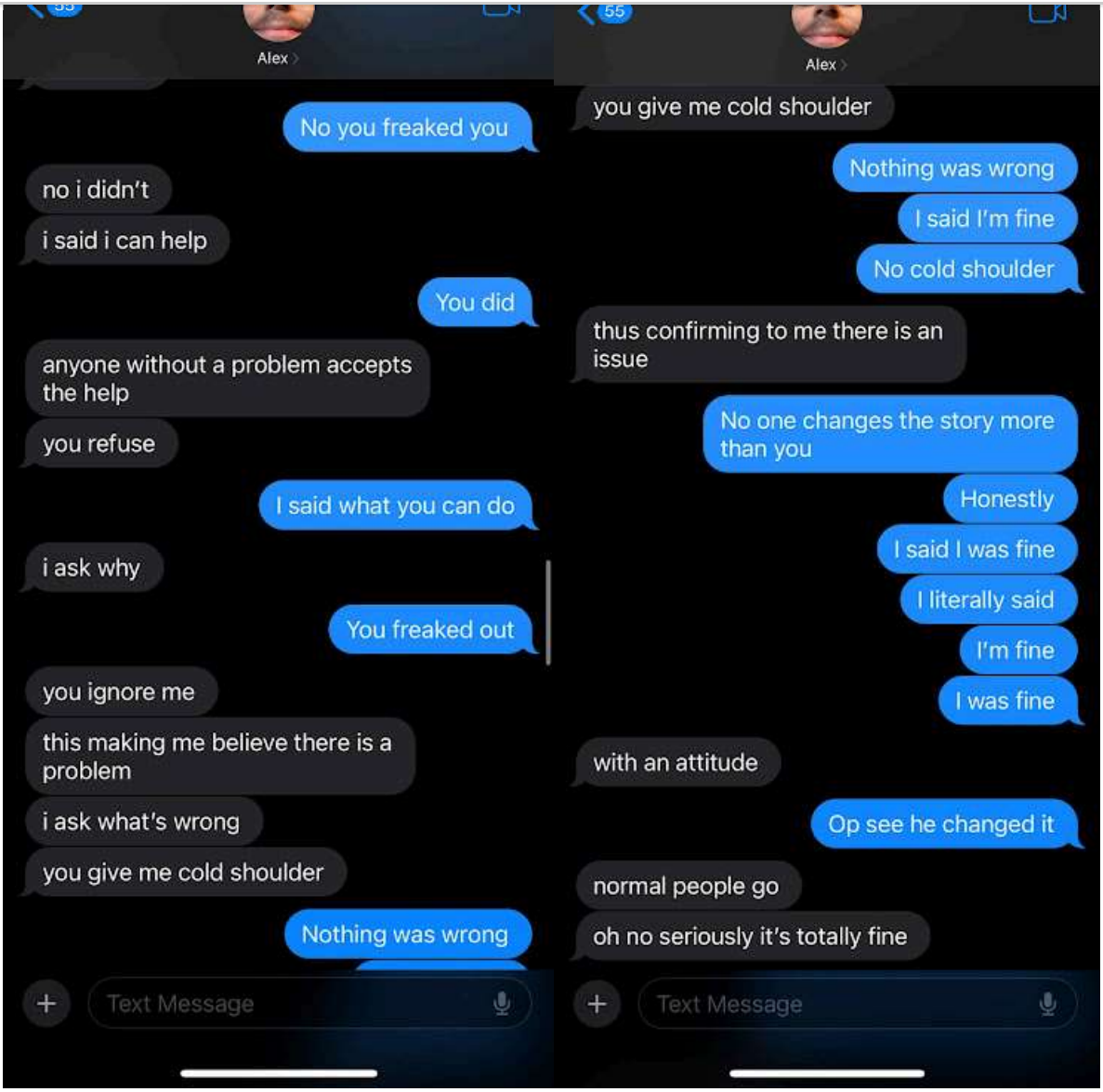

Alex
you won't acknowledge you also escalated it
difference is i didn't walk away from you
i tried to speak about it
And to leave me alone because you're following me and arguing it's so so so stressful
why can't you acknowledge that
Like just
Stop
I walked away when you started to raise your voice
Which I'm allowed to do
You shouldn't do it
But hey ho
Delivered
i mean yes you can do that
of course you can
Text Message
55
Alex
i mean yes you can do that
of course you can
what the fuck
but that's not how you solve things
the point i'm trying to prove
is that you and no interest in fixing things
which you didn't
you were fine with them getting worse
all you had to do was talk to me
but you executed your right to just pretend i didn't exist
it's truly fascinating
but that's the closure i needed
that's why i wanted to call you
to work out if you intentionally chose to elevate everything
which you did
Text Message

# Response - Read First


Alex
which you did
thank you
that's it
Ik it's not how I solve things that's not my goal when I walk away, my goal is to calm down and chill out so I can then talk about it after when I'm okay and it be fine. You can't do that you freak out more and more
point is even if you weren't annoyed
a normal person responds to the concerns like a human
not by just being a dick
cause that obviously makes the other person think there is a problem
You chose to make it worse you was following me around insulting me
That's not solving anything
Text Message
Alex
not by just being a dick
cause that obviously makes the other person think there is a problem
You chose to make it worse you was following me around insulting me
That's not solving anything
you can now acknowledge that although their was no problem
you did in fact create one
You made one yes
with the way you responded to my questioning
By being horrible
thank you
No you freaked you
no i didn't
i said i can help
Text Message

# Response - Read First



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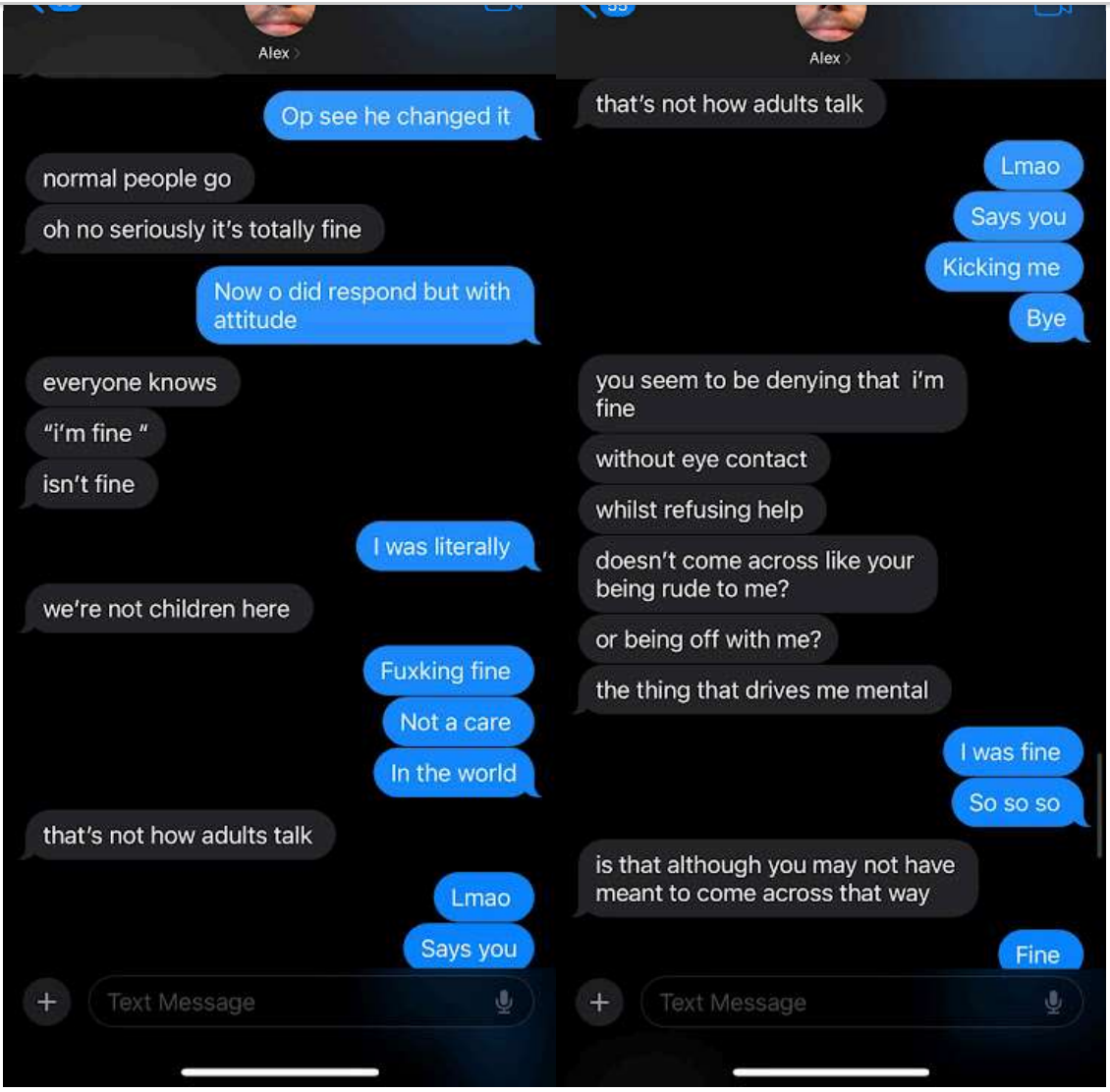

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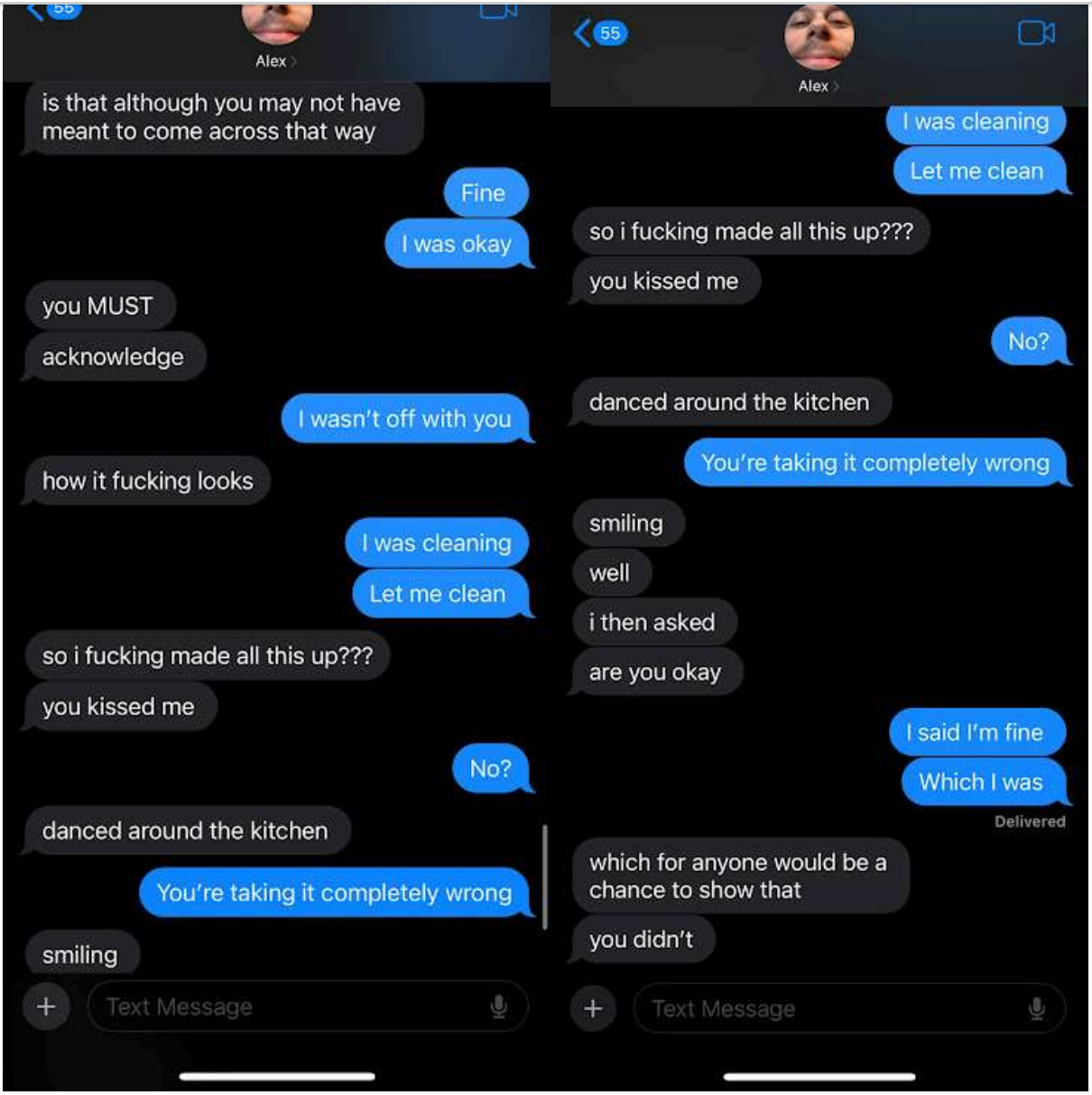

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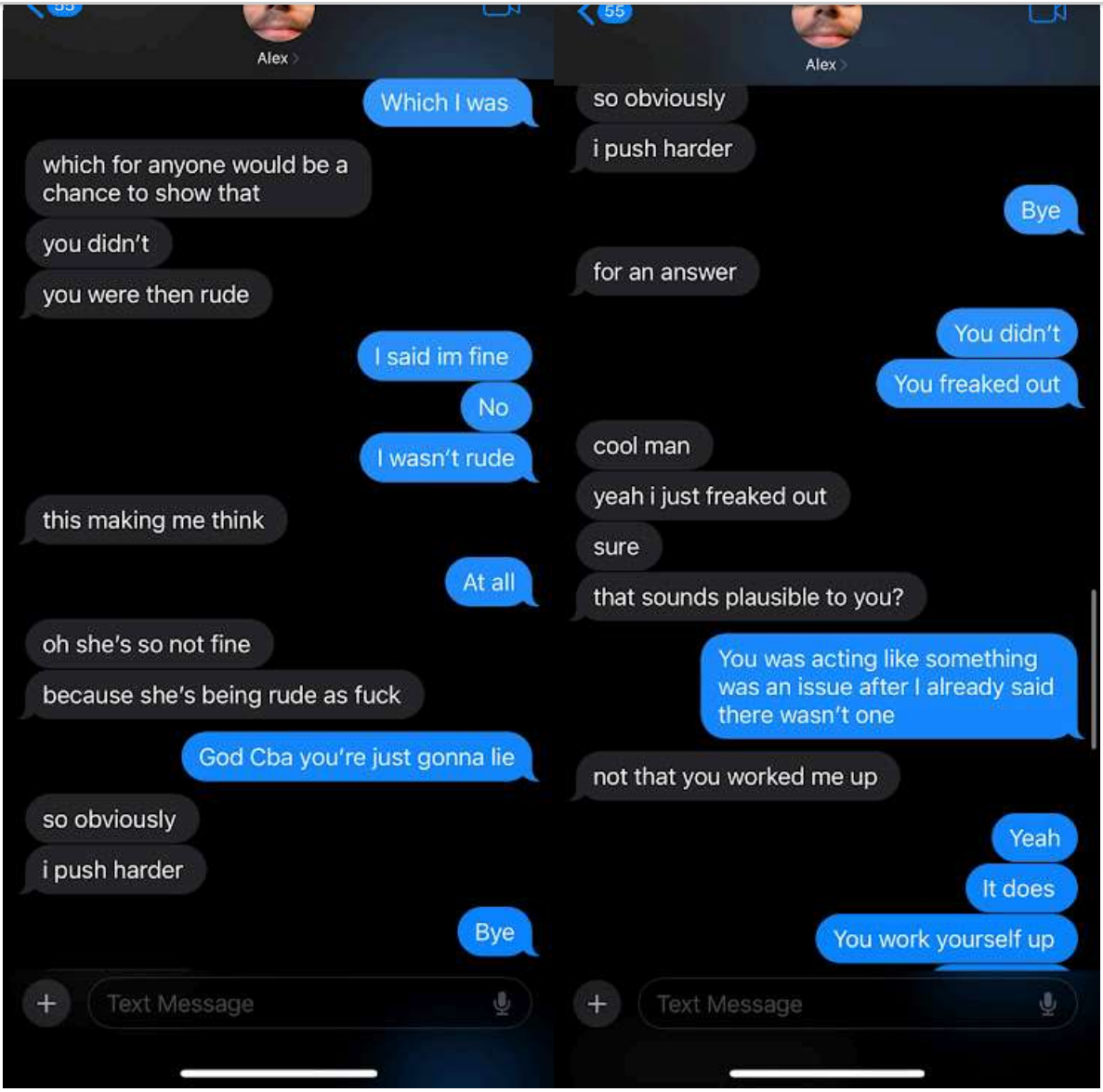

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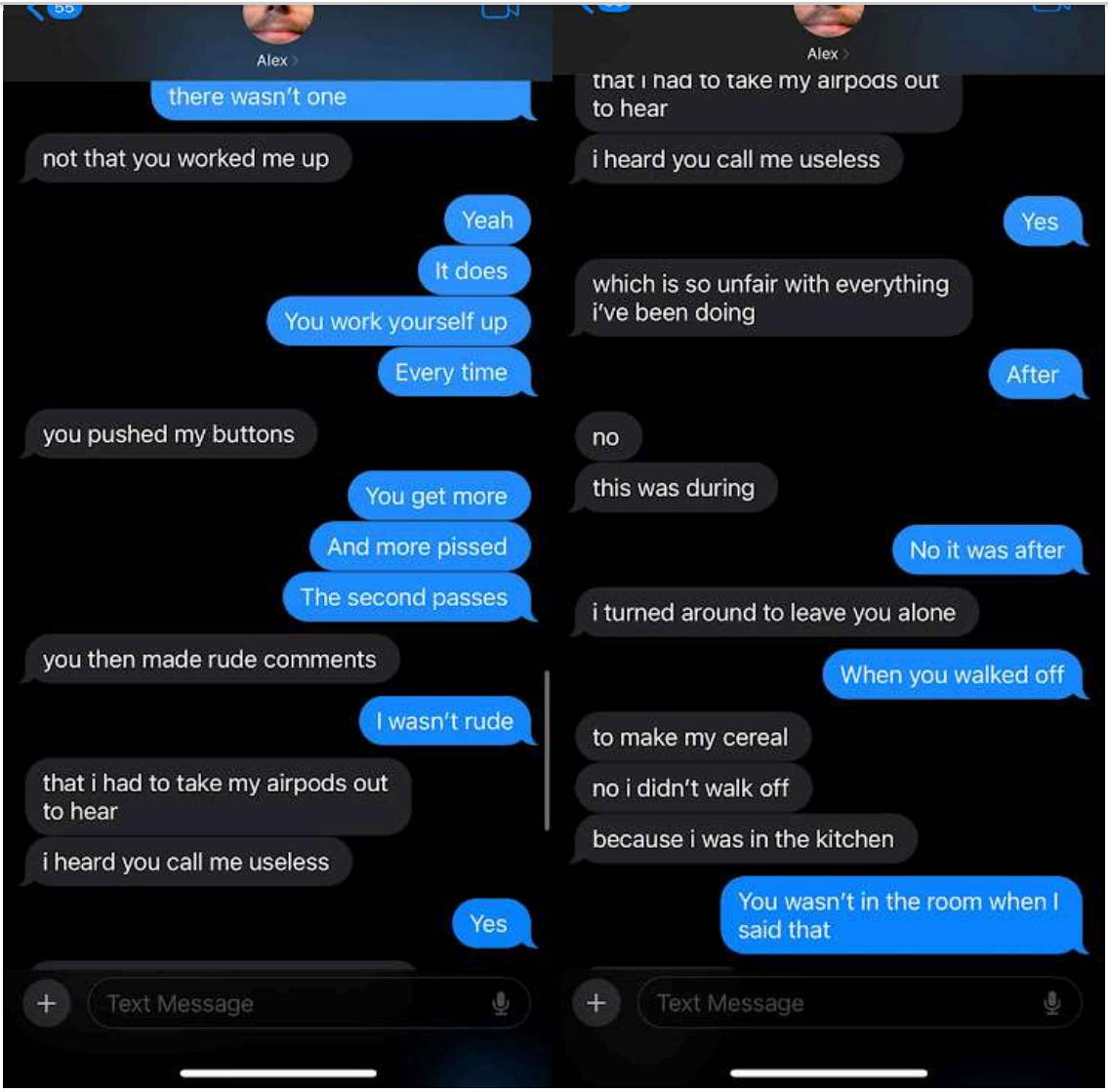
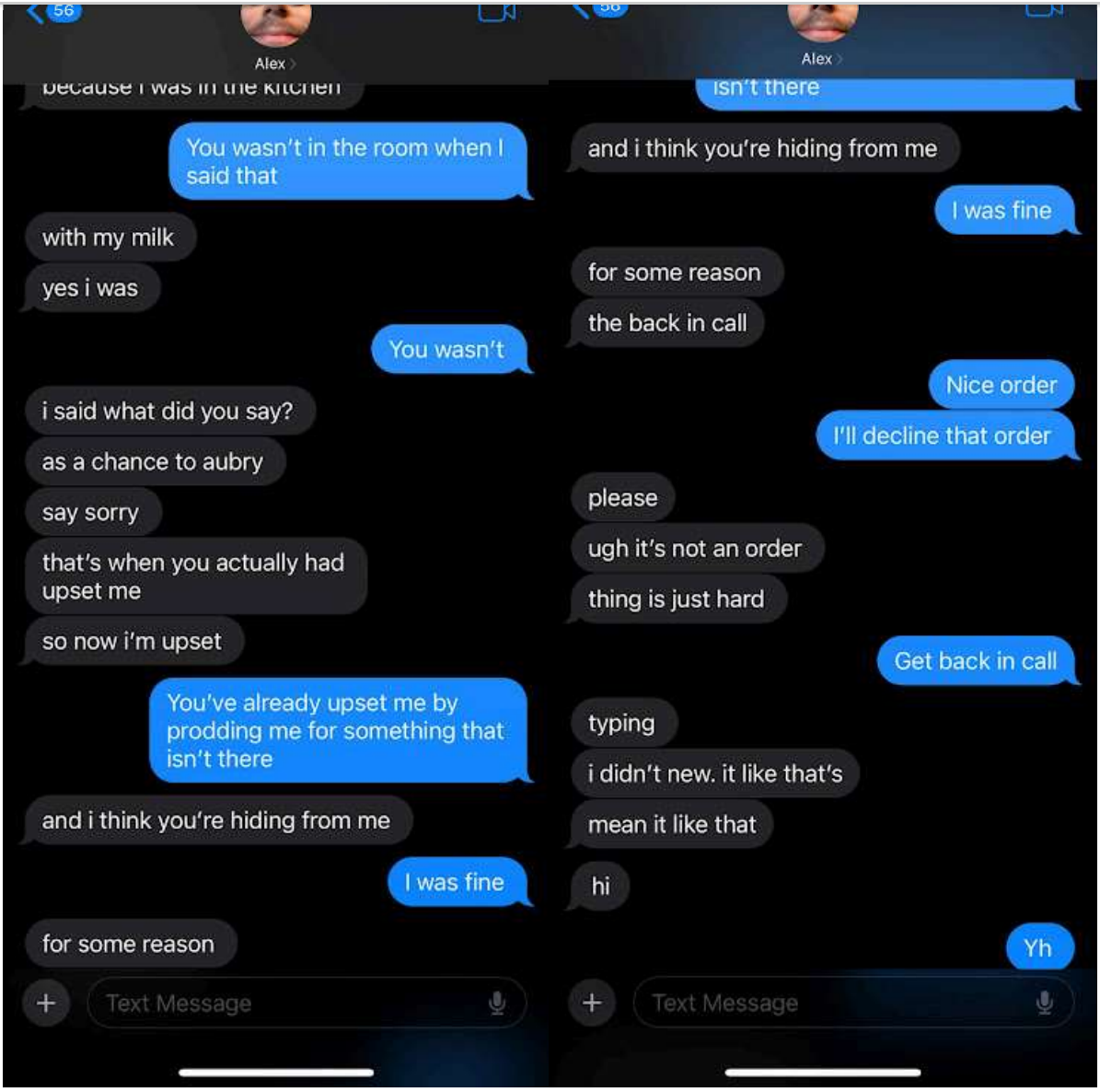

Alex
there wasn't one
not that you worked me up
Yeah
It does
You work yourself up
Every time
you pushed my buttons
You get more
And more pissed
The second passes
you then made rude comments
I wasn't rude
that i had to take my airpods out to hear
i heard you call me useless
Yes
Text Message
Alex
that i had to take my airpods out to hear
i heard you call me useless
Yes
which is so unfair with everything i've been doing
After
no
this was during
No it was after
i turned around to leave you alone
When you walked off
to make my cereal
no i didn't walk off
because i was in the kitchen
You wasn't in the room when I said that
Text Message

# Response - Read First



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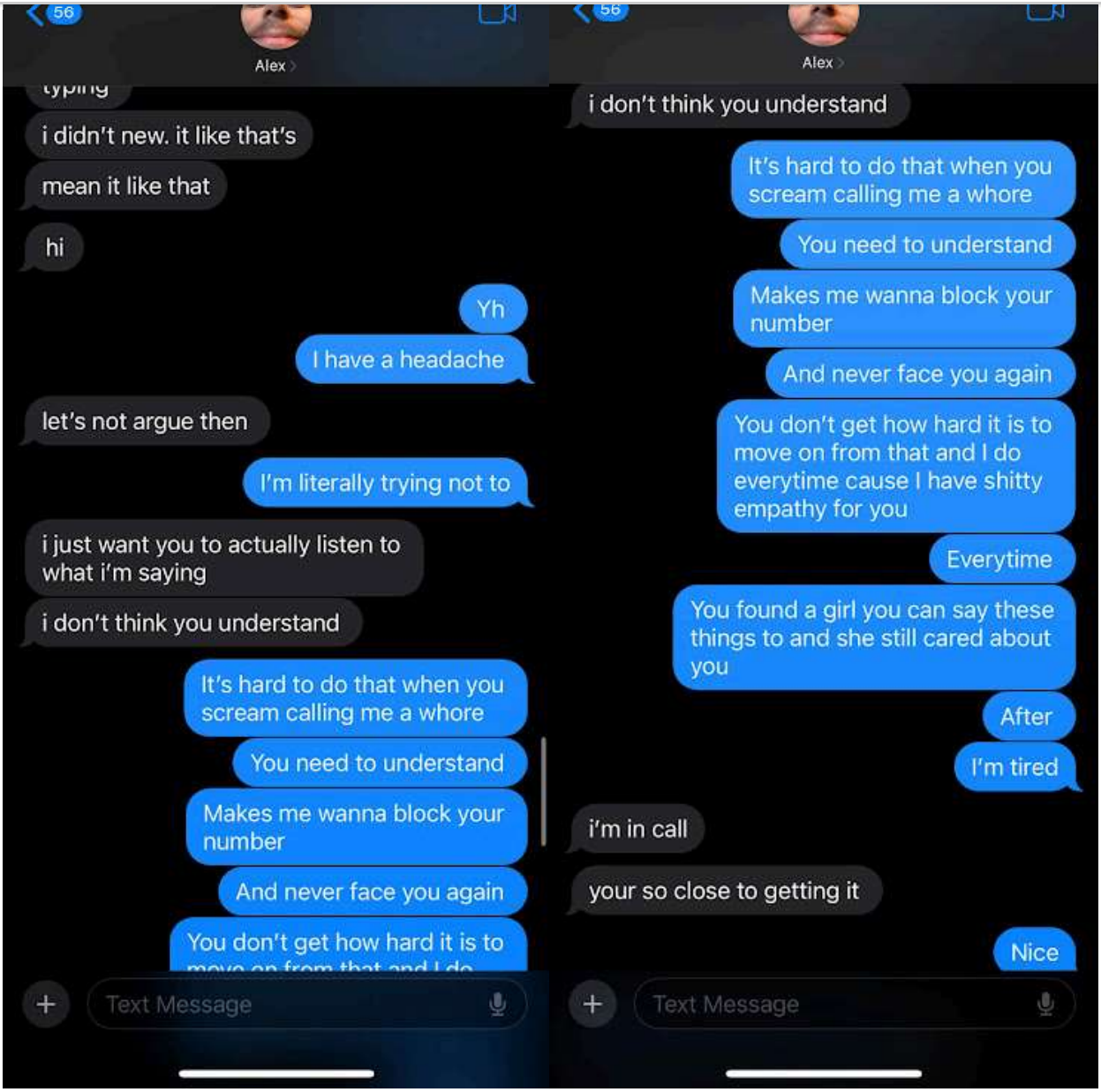
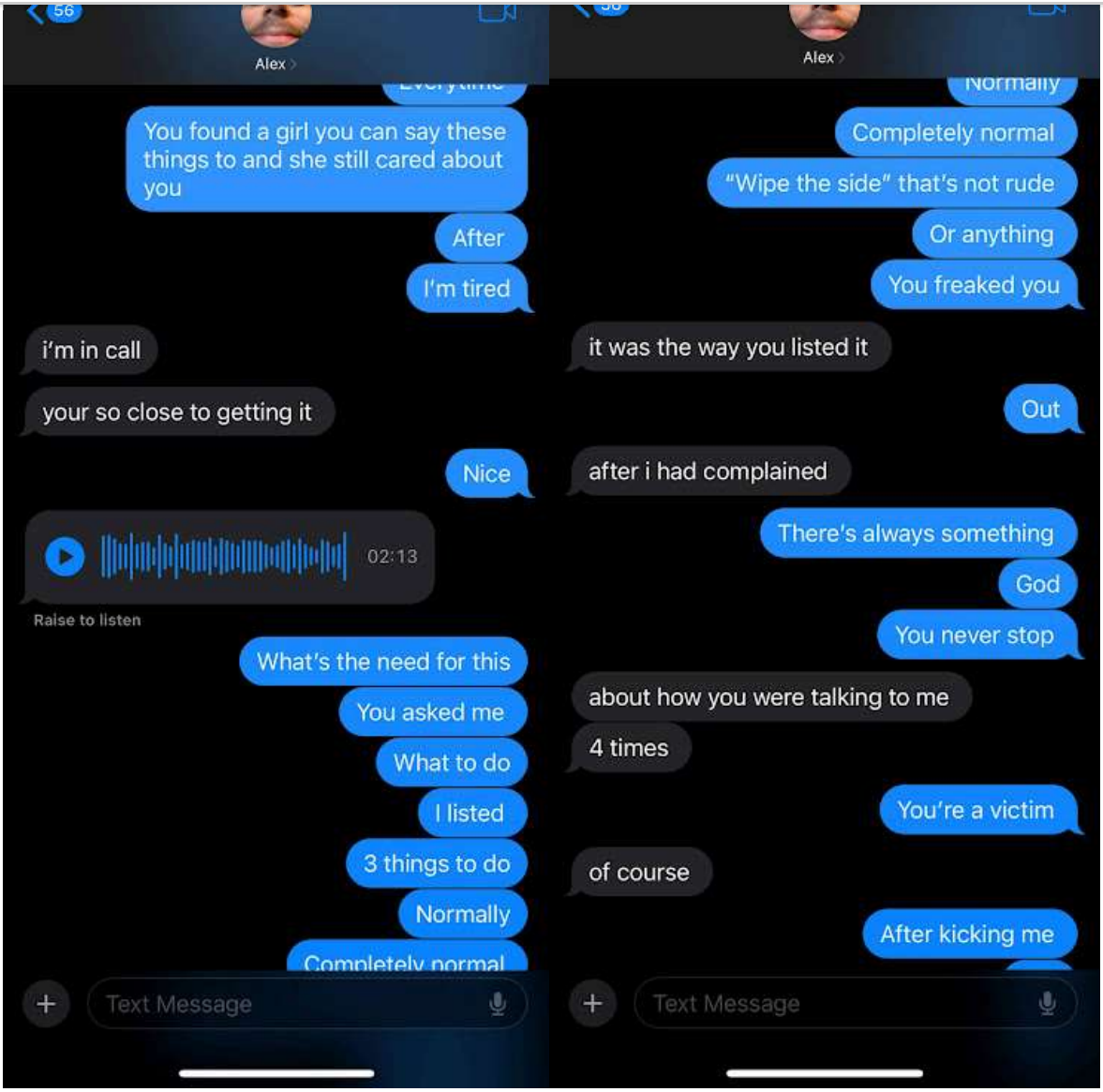
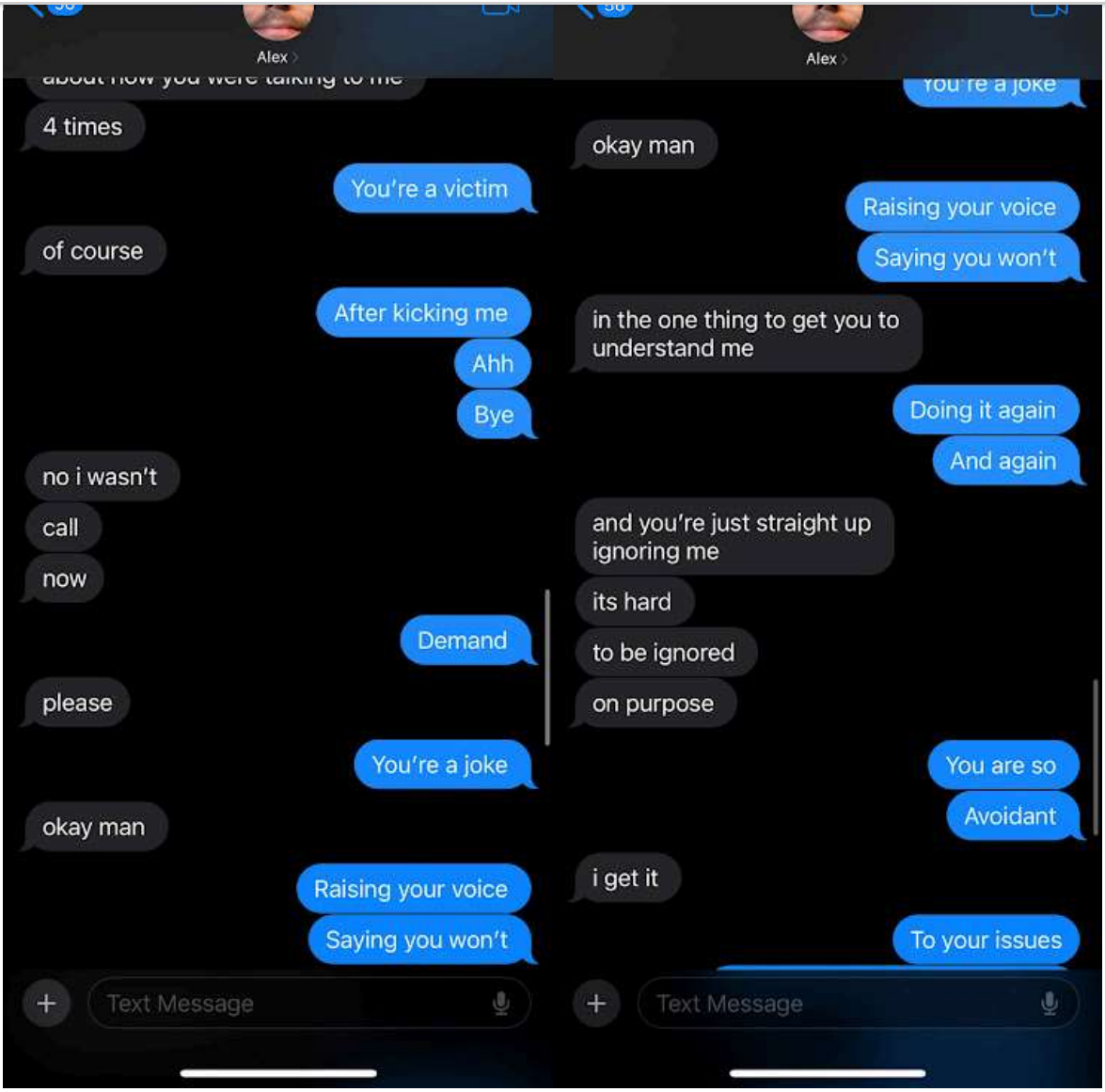

56
Alex
i didn't new. it like that's
mean it like that
hi
Yh
I have a headache
let's not argue then
I'm literally trying not to
i just want you to actually listen to what i'm saying
i don't think you understand
It's hard to do that when you scream calling me a whore
You need to understand
Makes me wanna block your number
And never face you again
You don't get how hard it is to
Text Message
56
Alex
i don't think you understand
It's hard to do that when you scream calling me a whore
You need to understand
Makes me wanna block your number
And never face you again
You don't get how hard it is to move on from that and I do everytime cause I have shitty empathy for you
Everytime
You found a girl you can say these things to and she still cared about you
After
I'm tired
i'm in call
your so close to getting it
Nice
Text Message

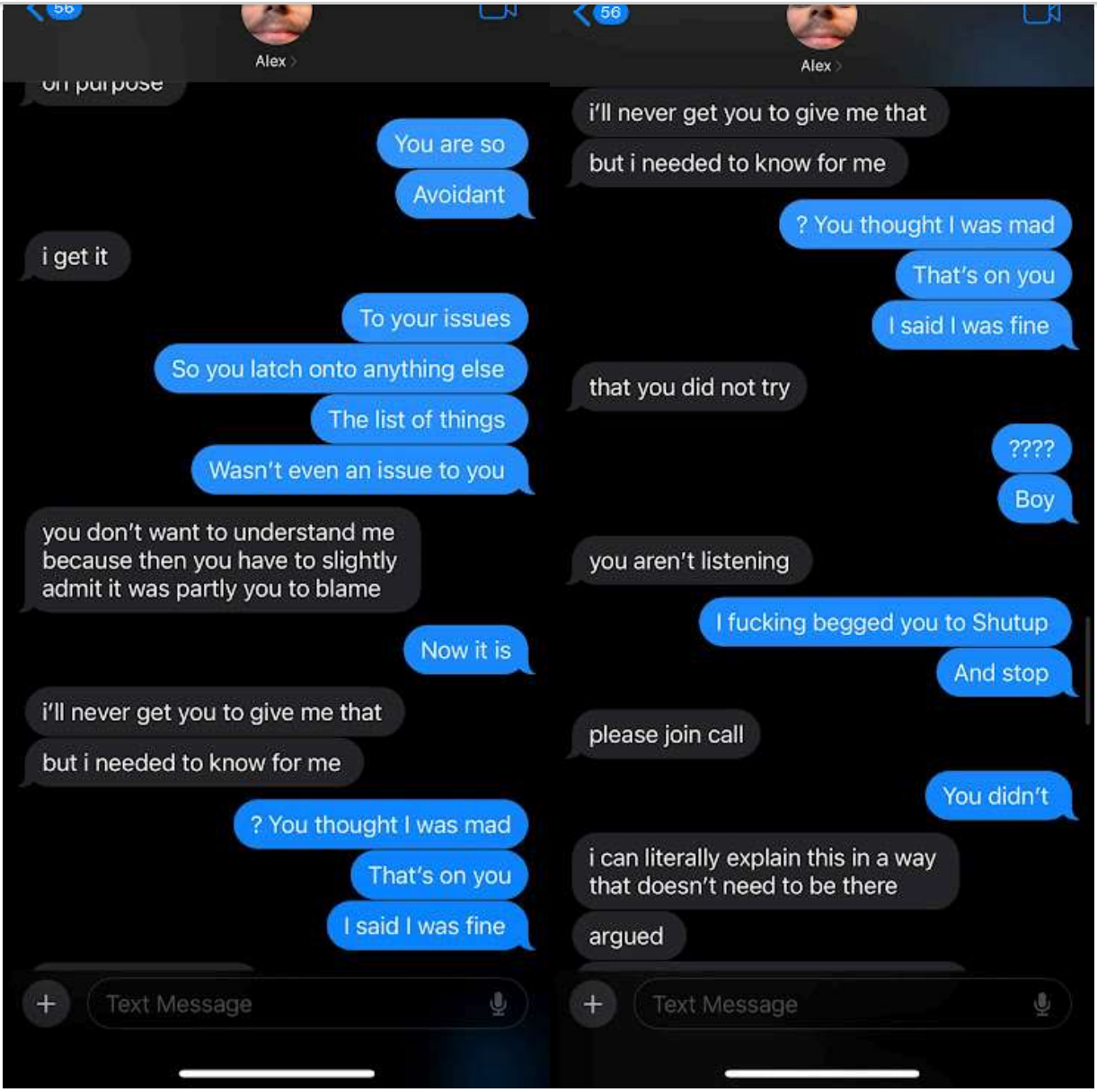
# Response - Read First



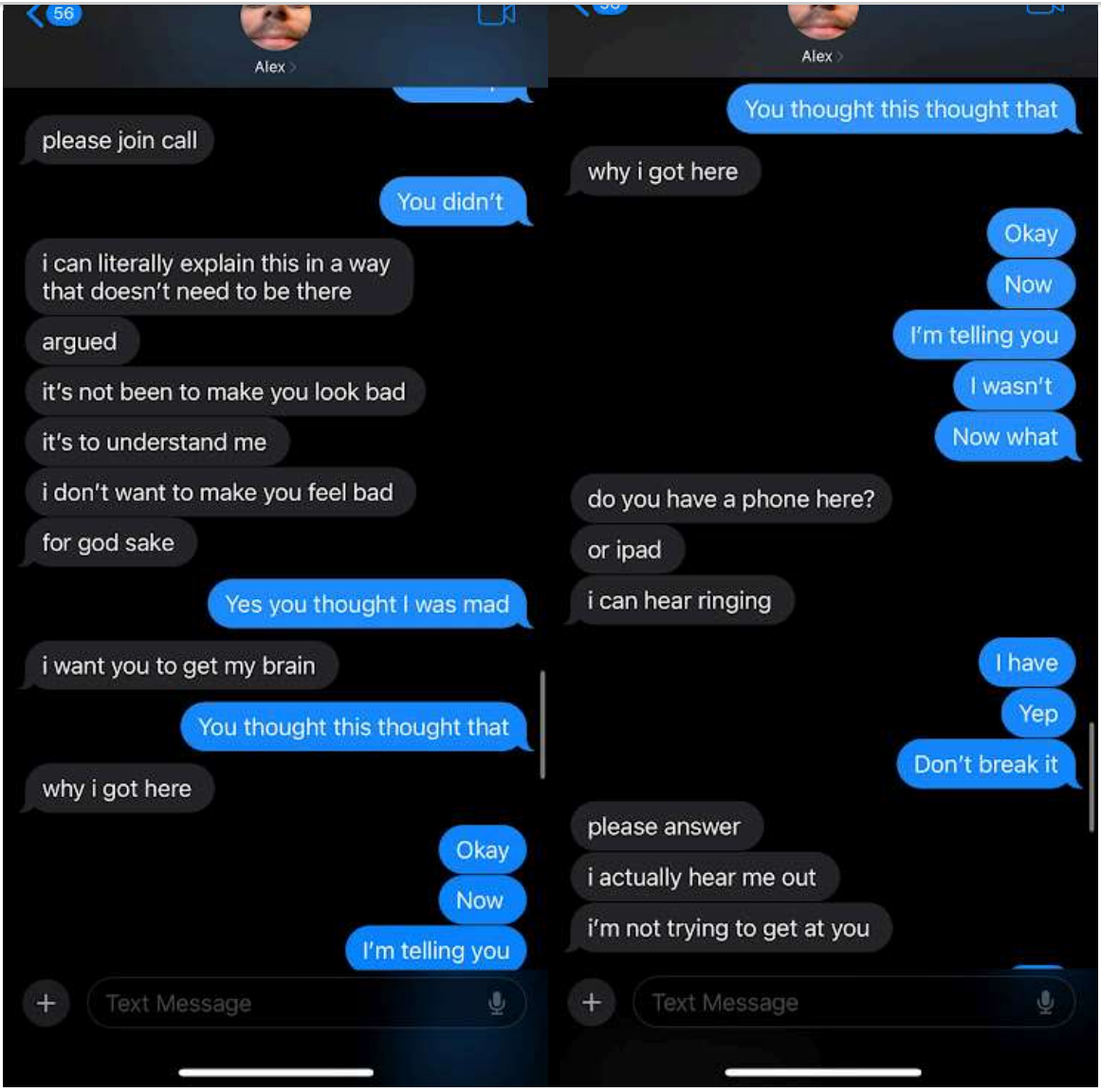
# Response - Read First



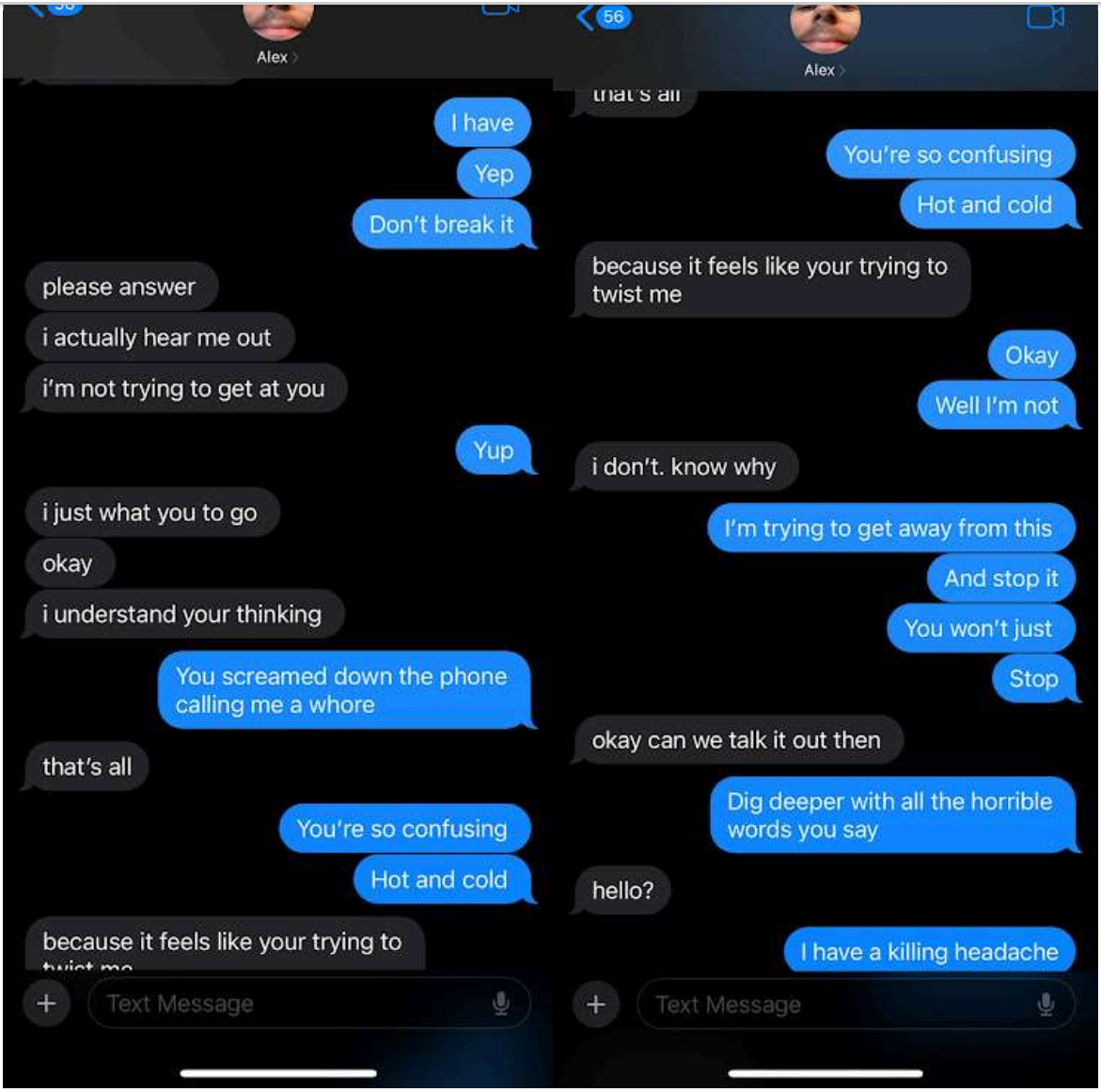
# Response - Read First


Alex
You are so
Avoidant
i get it
To your issues
So you latch onto anything else
The list of things
Wasn't even an issue to you
you don't want to understand me because then you have to slightly admit it was partly you to blame
Now it is
i'll never get you to give me that
but i needed to know for me
? You thought I was mad
That's on you
I said I was fine
Text Message
Alex
i'll never get you to give me that
but i needed to know for me
? You thought I was mad
That's on you
I said I was fine
that you did not try
????
Boy
you aren't listening
I fucking begged you to Shutup
And stop
please join call
You didn't
i can literally explain this in a way that doesn't need to be there
argued
Text Message

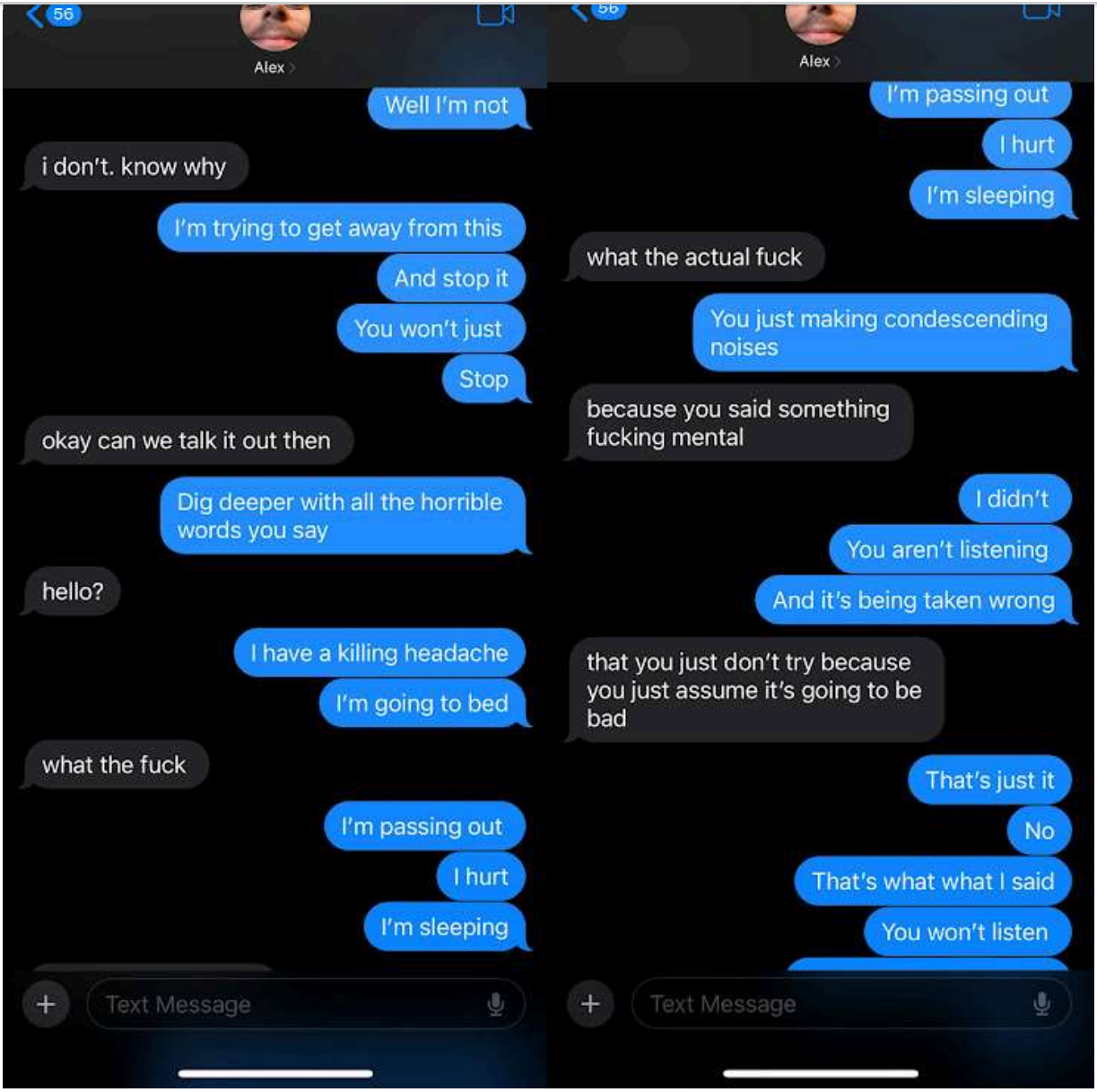
# Response - Read First



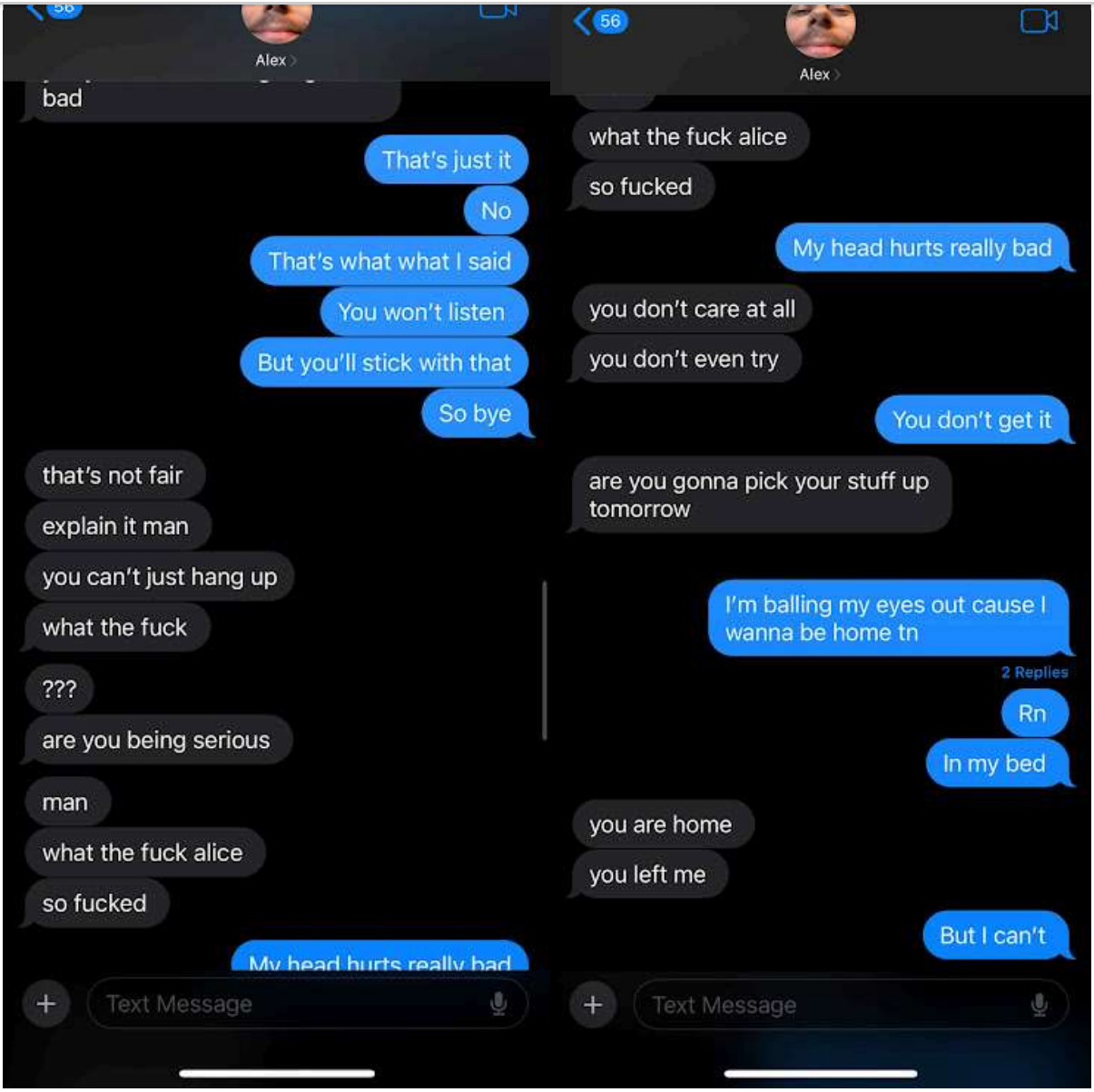
# Response - Read First



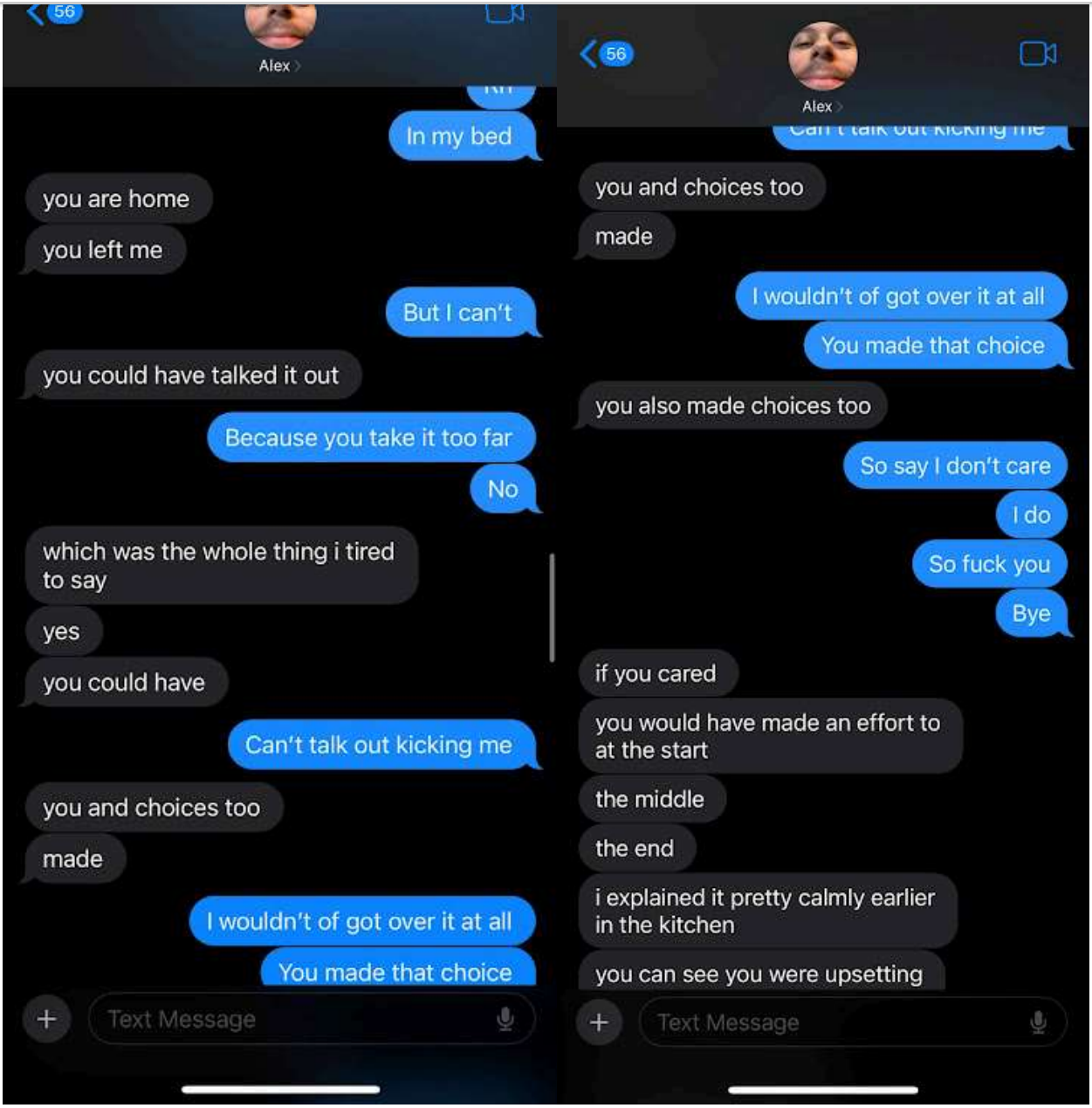
# Response - Read First



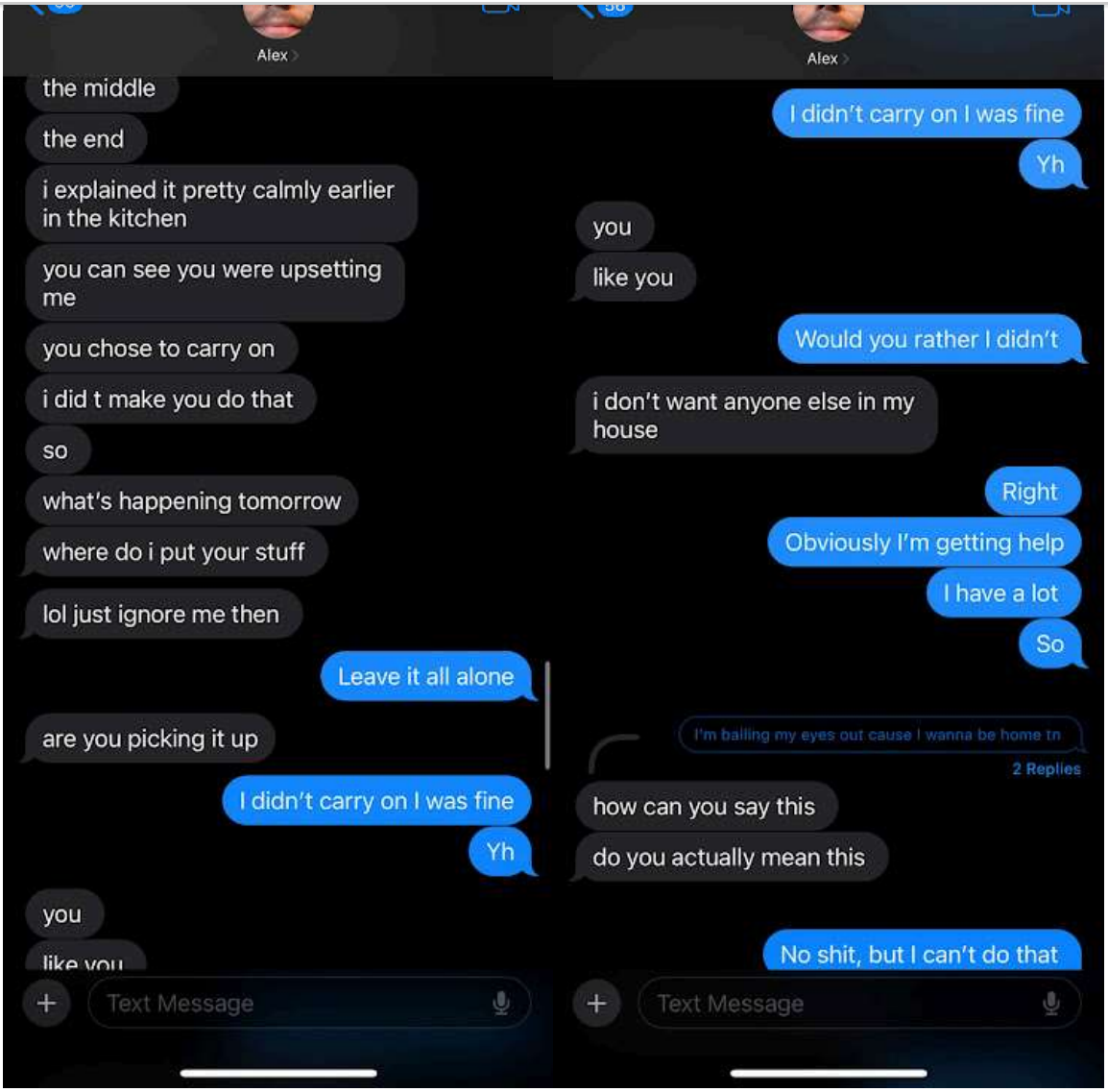
# Response - Read First



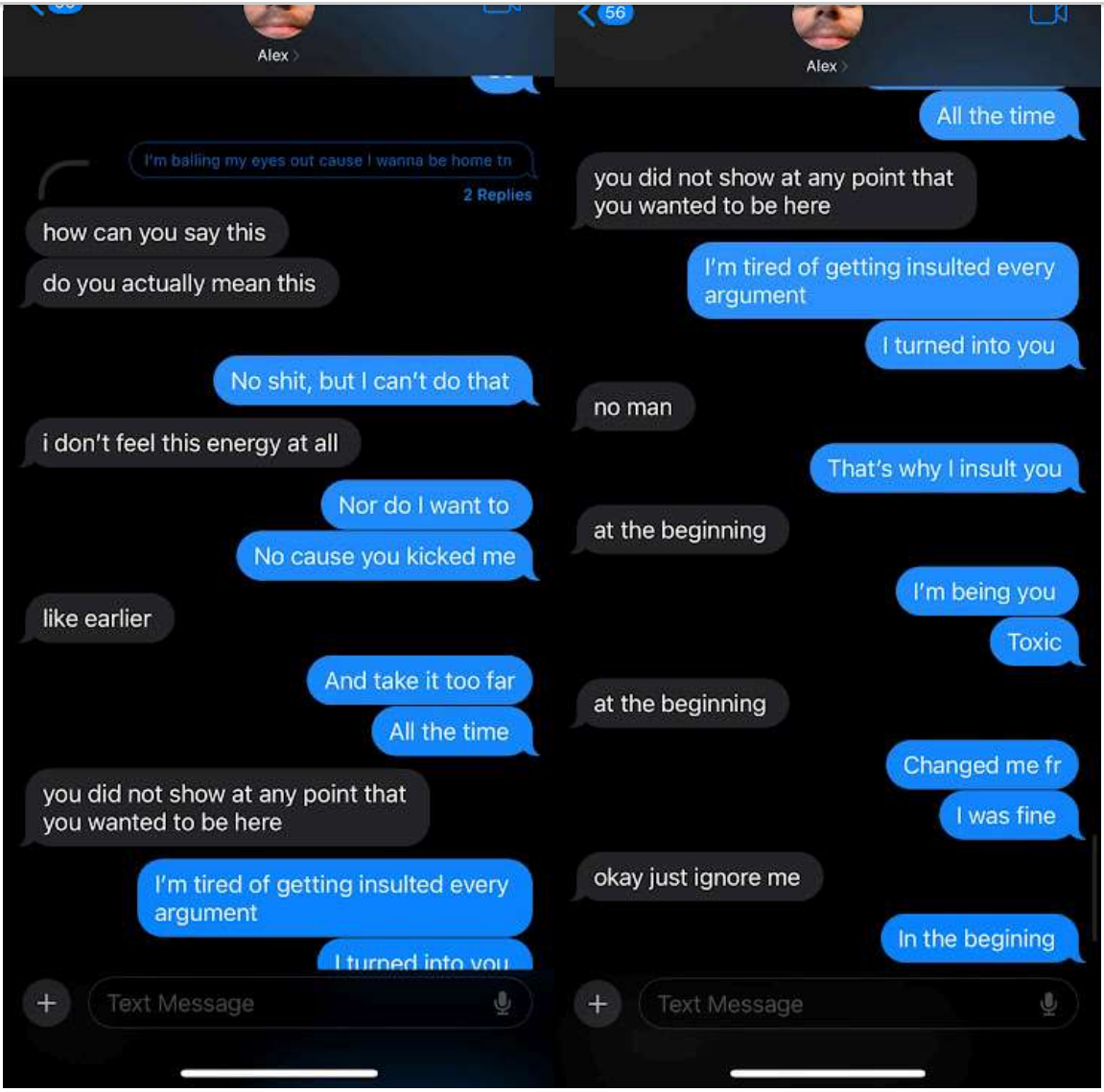
# Response - Read First



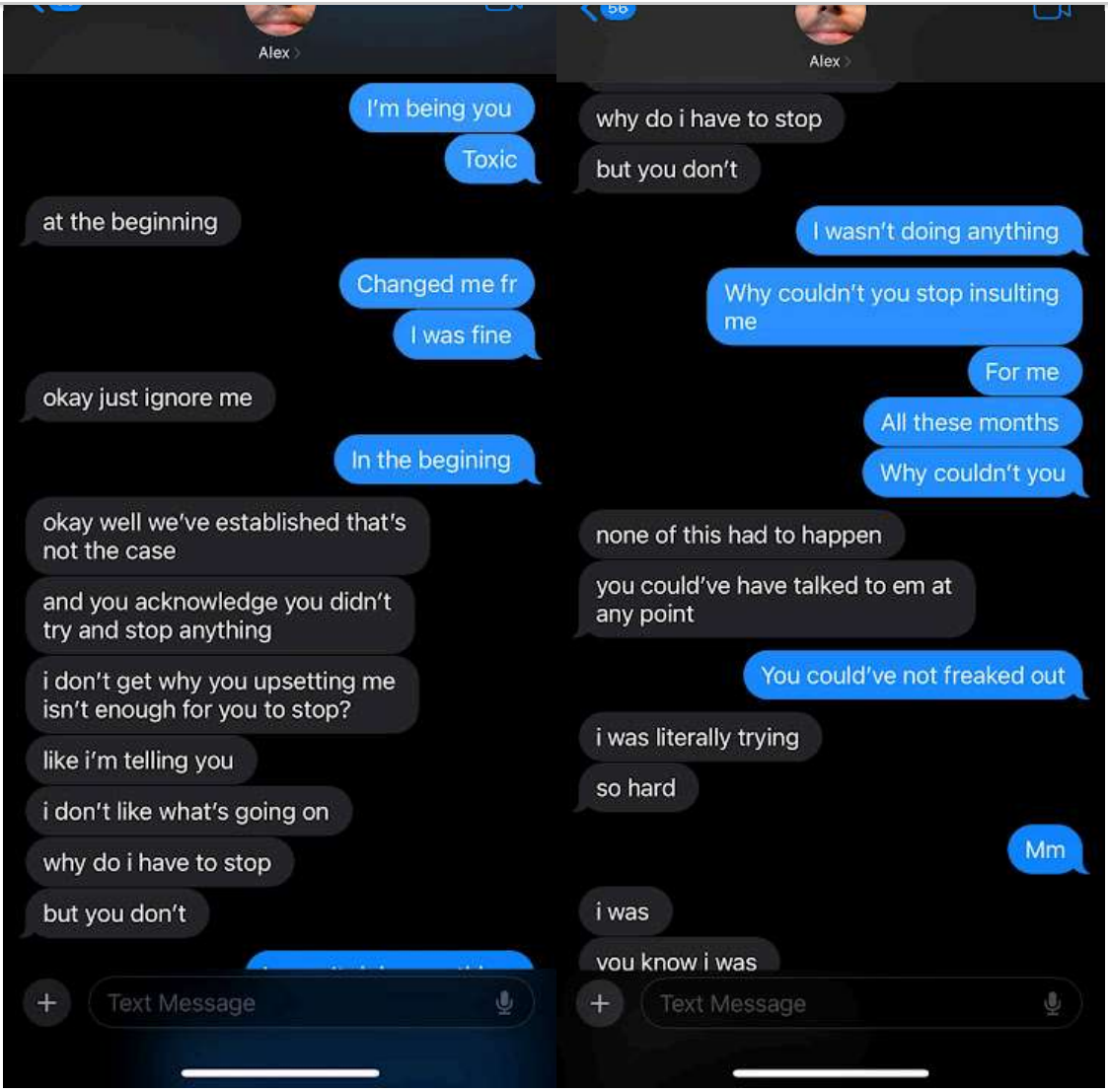
# Response - Read First



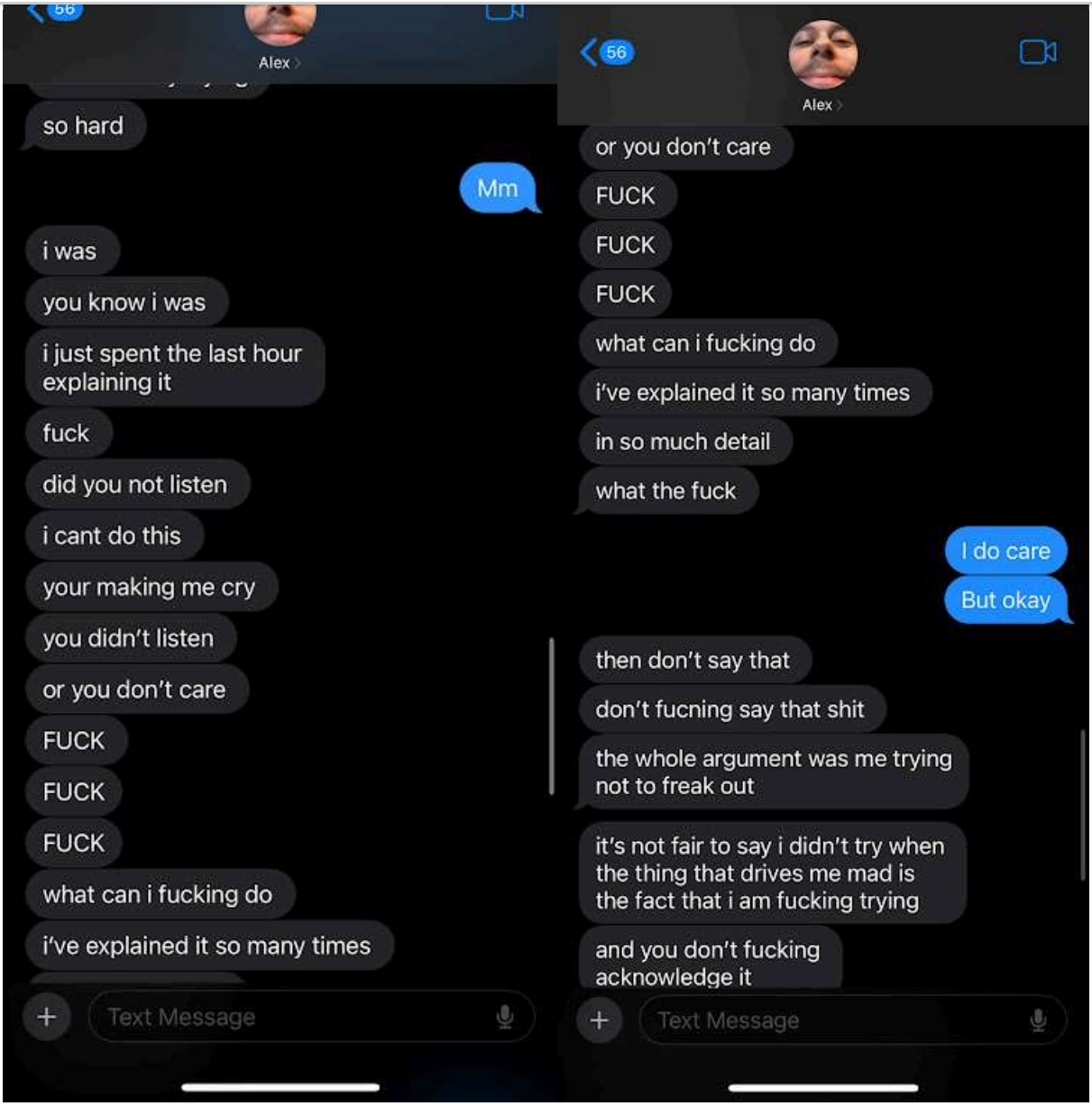
# Response - Read First


Alex
I'm balling my eyes out cause I wanna be home tn
2 Replies
how can you say this
do you actually mean this
No shit, but I can't do that
i don't feel this energy at all
Nor do I want to
No cause you kicked me
like earlier
And take it too far
All the time
you did not show at any point that you wanted to be here
I'm tired of getting insulted every argument
I turned into you
Text Message
56
Alex
All the time
you did not show at any point that you wanted to be here
I'm tired of getting insulted every argument
I turned into you
no man
That's why I insult you
at the beginning
I'm being you
Toxic
at the beginning
Changed me fr
I was fine
okay just ignore me
In the begining
Text Message

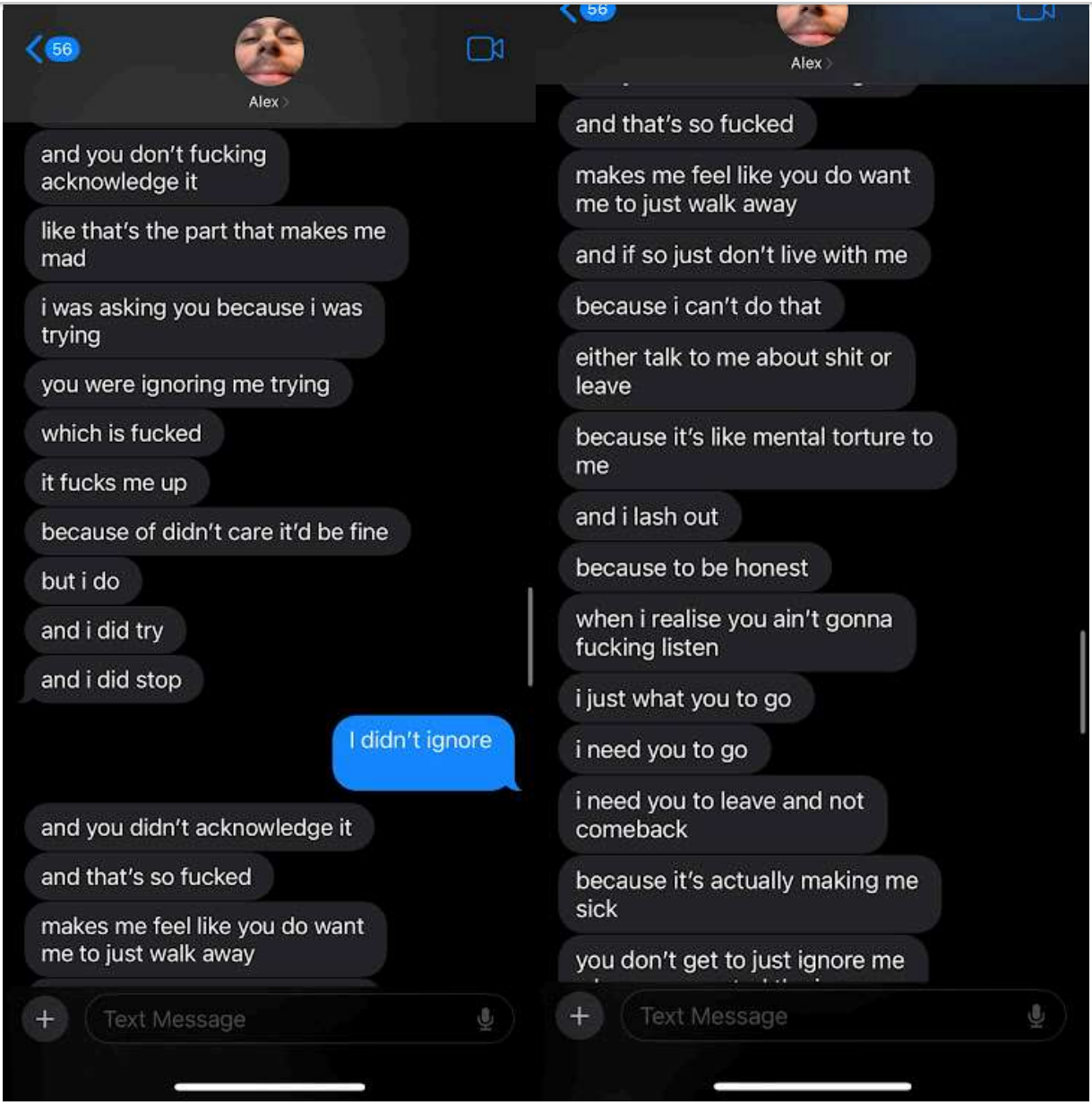
# Response - Read First


Alex
I'm being you
Toxic
at the beginning
Changed me fr
I was fine
okay just ignore me
In the begining
okay well we've established that's not the case
and you acknowledge you didn't try and stop anything
i don't get why you upsetting me isn't enough for you to stop?
like i'm telling you
i don't like what's going on
why do i have to stop
but you don't
Text Message
Alex
why do i have to stop
but you don't
I wasn't doing anything
Why couldn't you stop insulting me
For me
All these months
Why couldn't you
none of this had to happen
you could've have talked to em at any point
You could've not freaked out
i was literally trying
so hard
Mm
i was
you know i was
Text Message

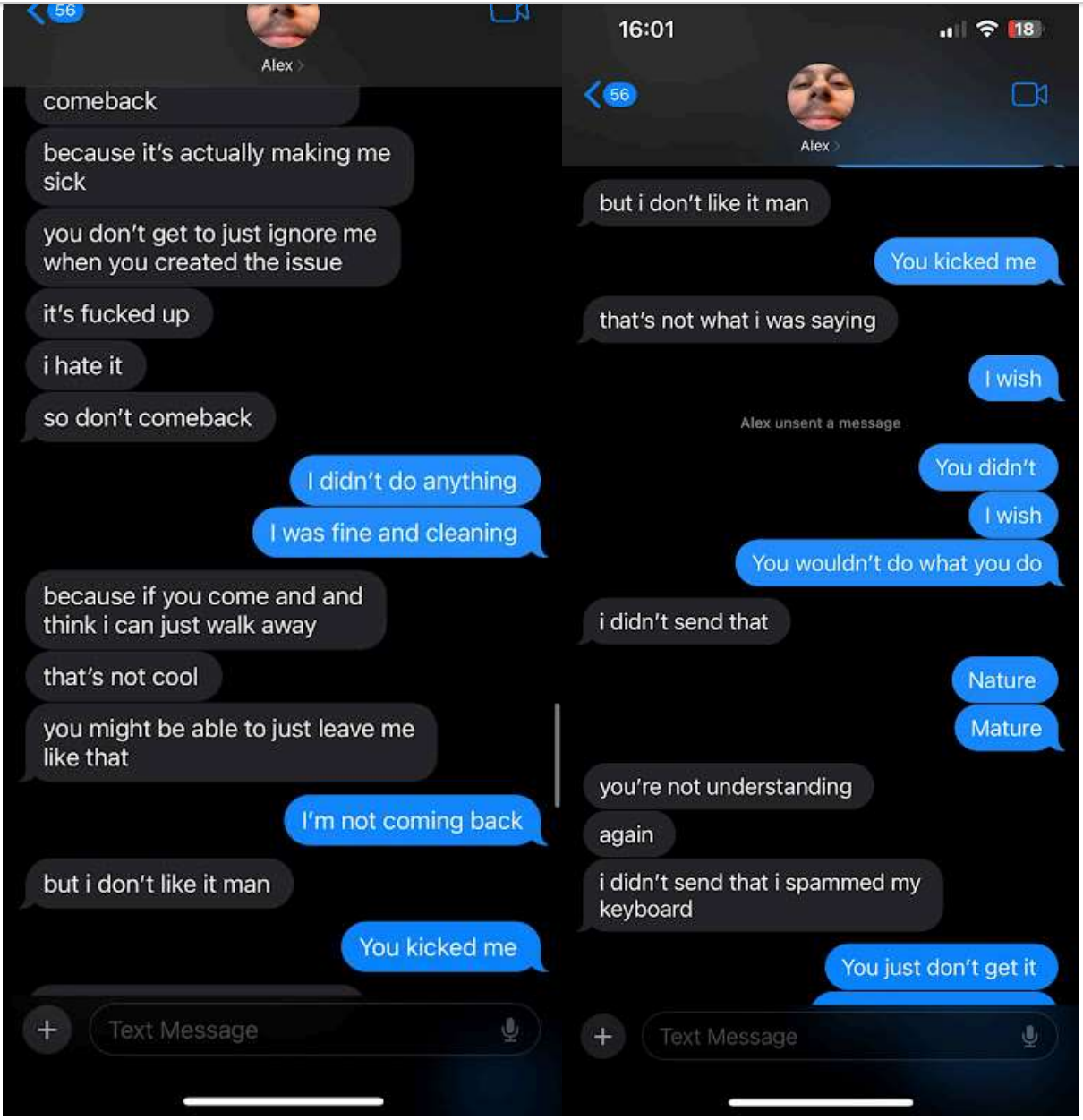
# Response - Read First



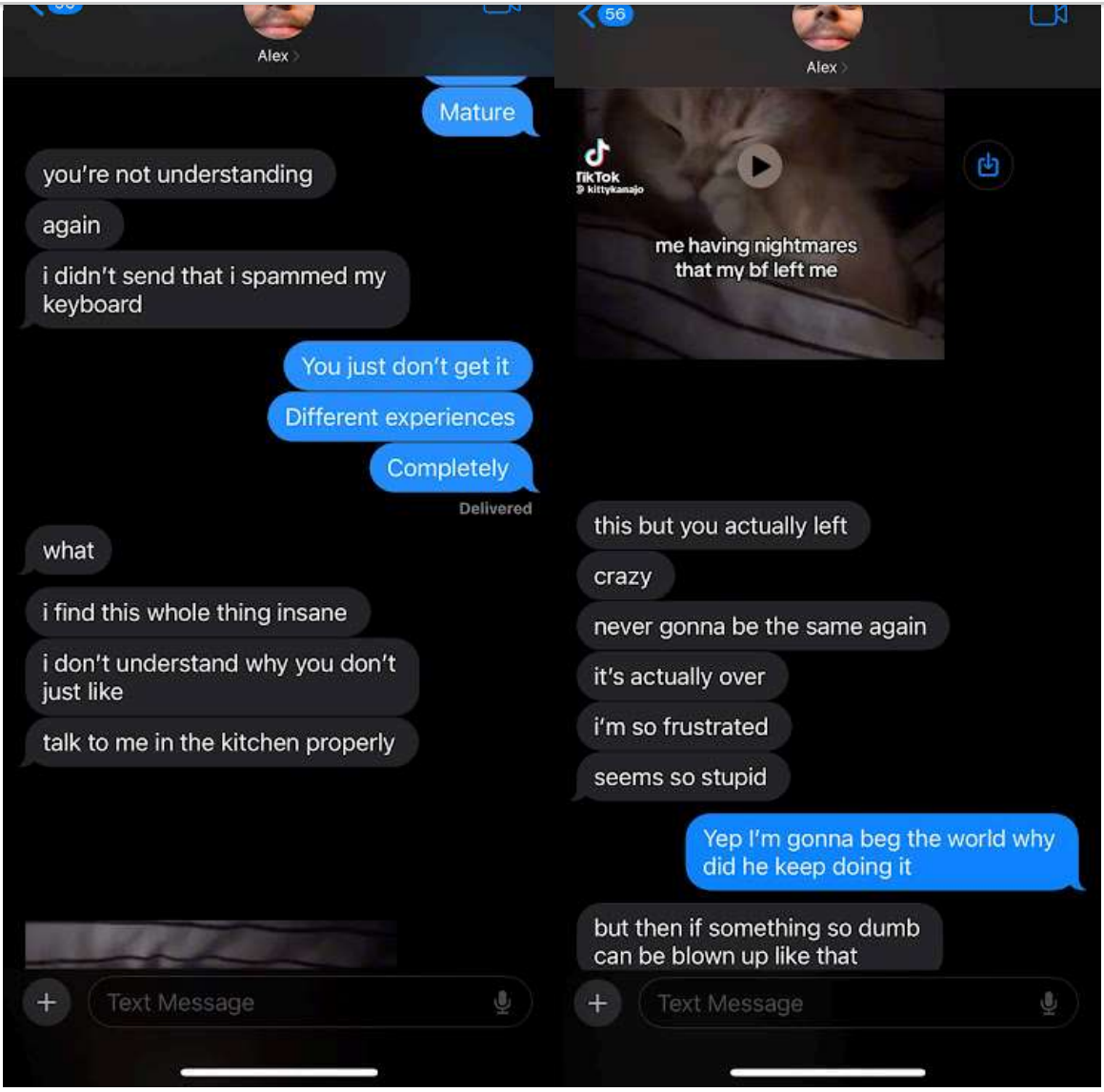
# Response - Read First


56
Alex
and you don't fucking acknowledge it
like that's the part that makes me mad
i was asking you because i was trying
you were ignoring me trying
which is fucked
it fucks me up
because of didn't care it'd be fine
but i do
and i did try
and i did stop
I didn't ignore
and you didn't acknowledge it
and that's so fucked
makes me feel like you do want me to just walk away
Text Message
56
Alex
and that's so fucked
makes me feel like you do want me to just walk away
and if so just don't live with me
because i can't do that
either talk to me about shit or leave
because it's like mental torture to me
and i lash out
because to be honest
when i realise you ain't gonna fucking listen
i just what you to go
i need you to go
i need you to leave and not comeback
because it's actually making me sick
you don't get to just ignore me
Text Message

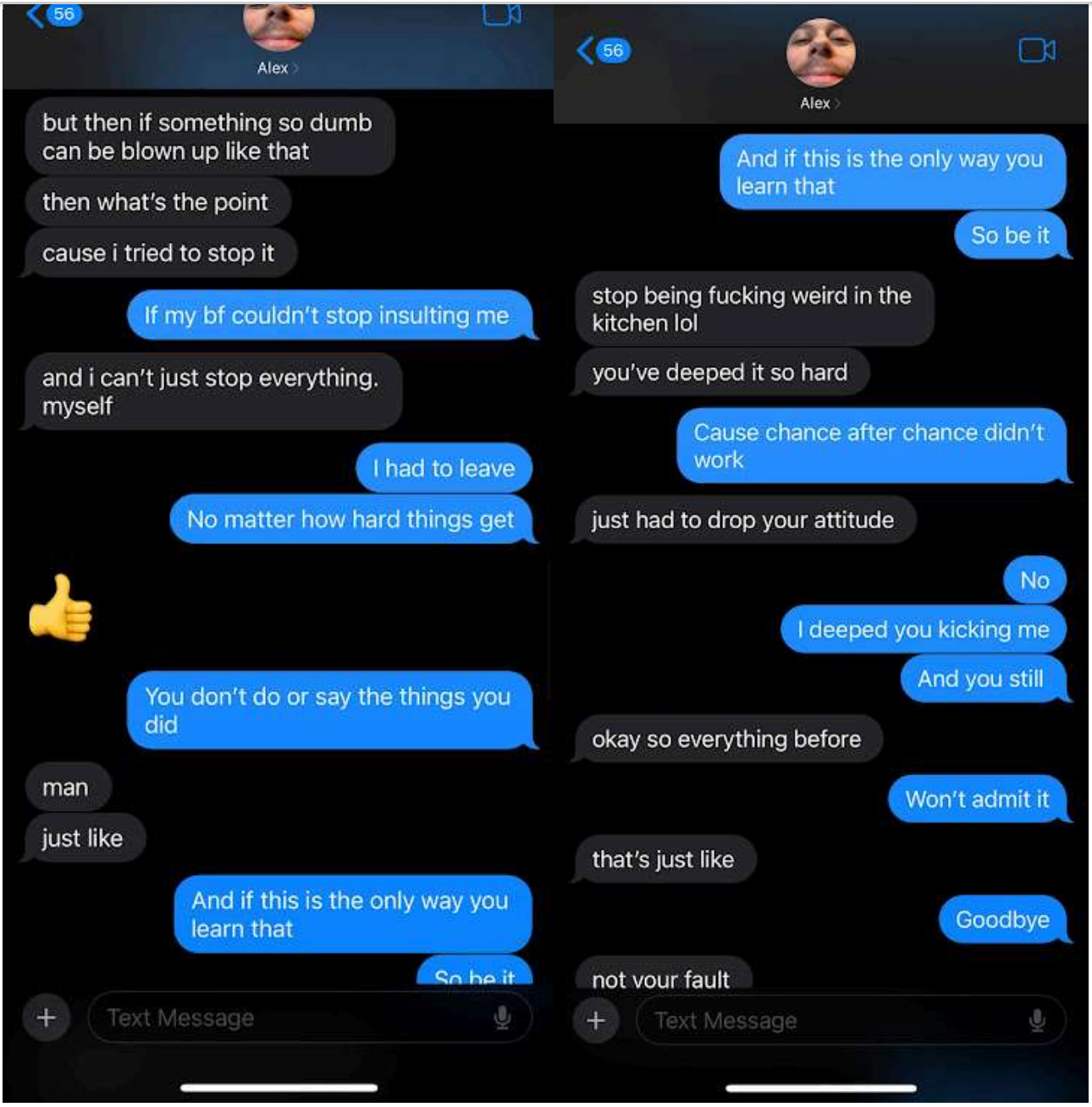
# Response - Read First



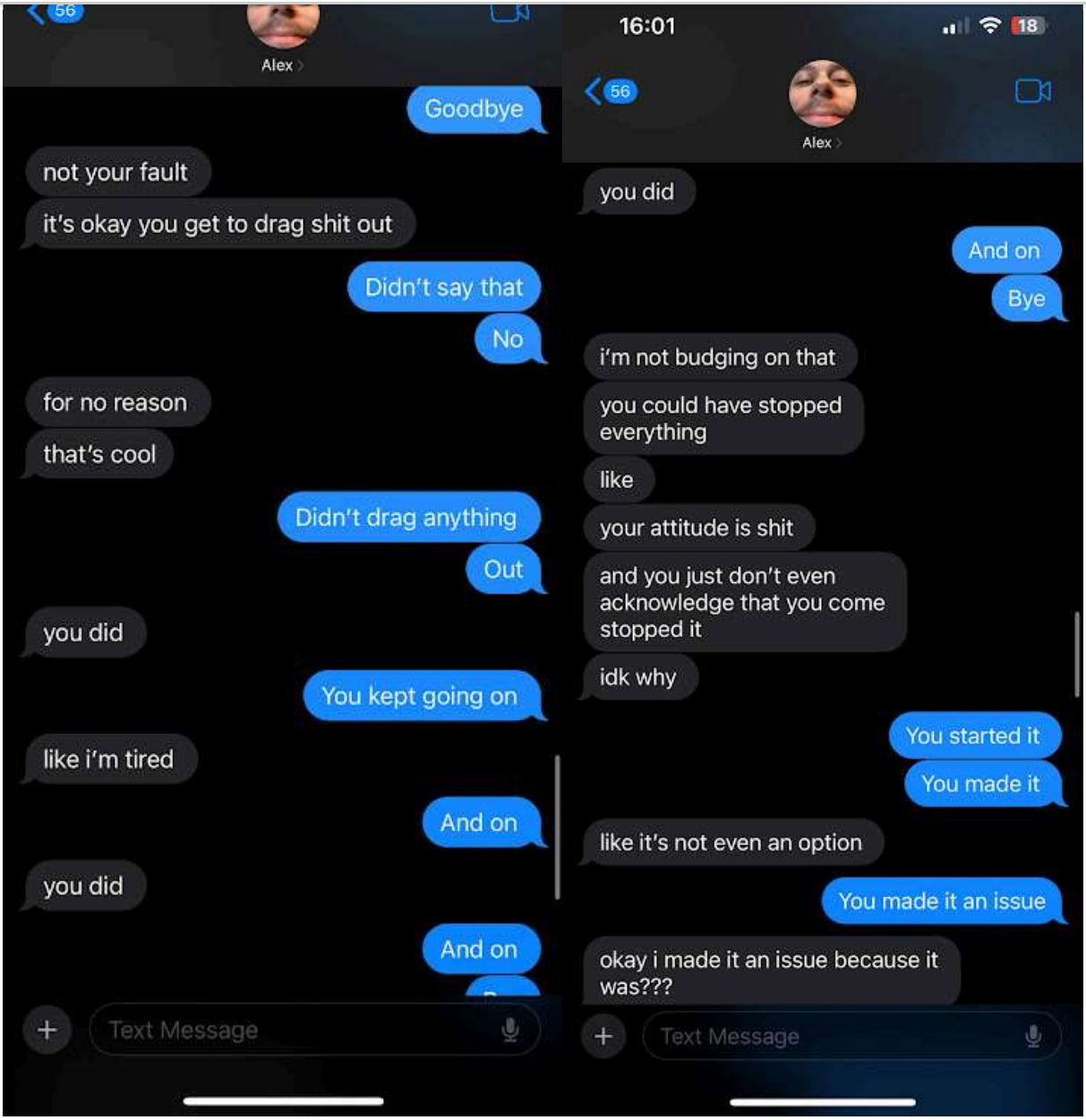
# Response - Read First



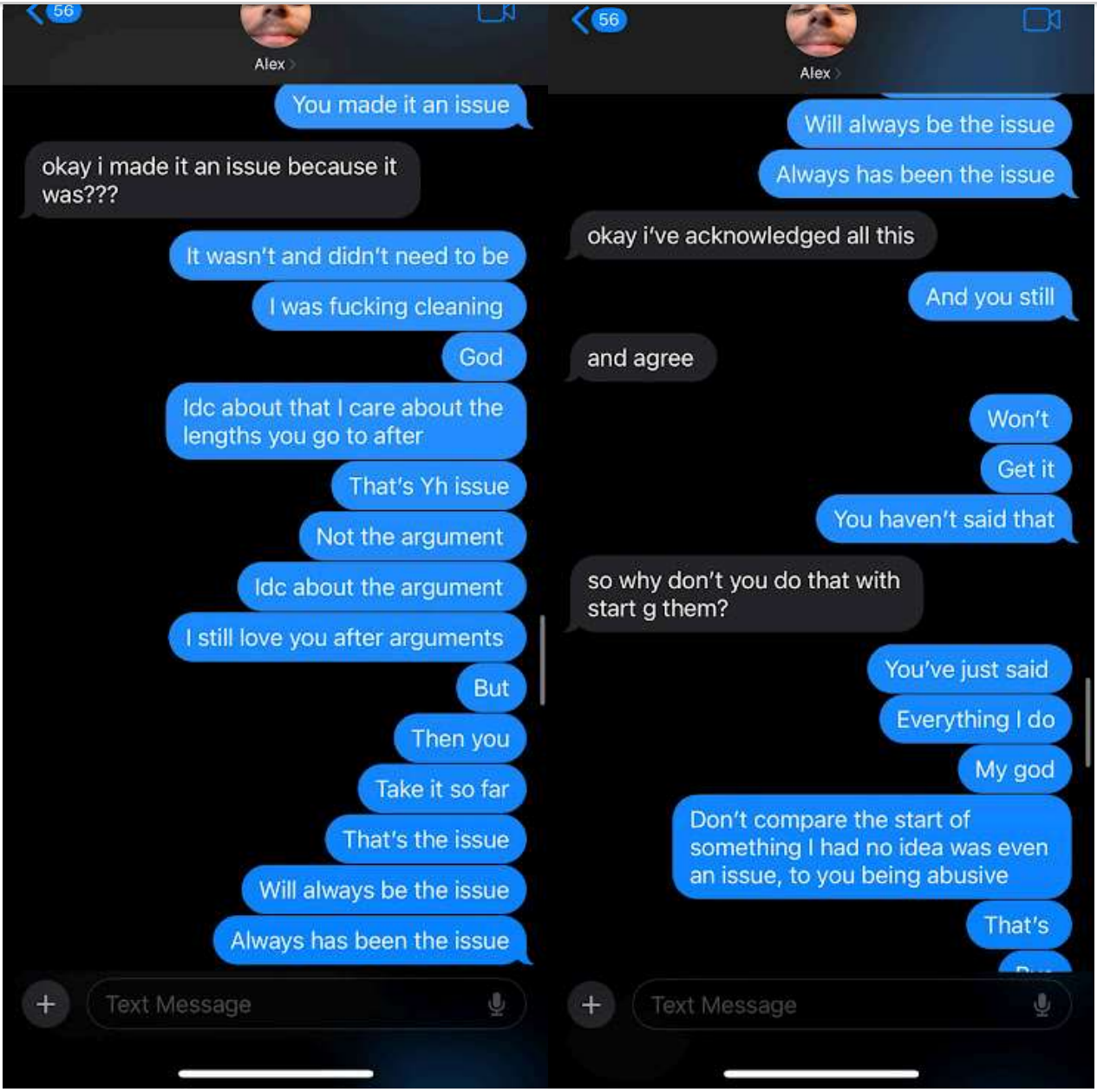
# Response - Read First


56
Alex
but then if something so dumb can be blown up like that
then what's the point
cause i tried to stop it
If my bf couldn't stop insulting me
and i can't just stop everything. myself
I had to leave
No matter how hard things get
You don't do or say the things you did
man
just like
And if this is the only way you learn that
So be it
Text Message
56
Alex
And if this is the only way you learn that
So be it
stop being fucking weird in the kitchen lol
you've deeped it so hard
Cause chance after chance didn't work
just had to drop your attitude
No
I deeped you kicking me
And you still
okay so everything before
Won't admit it
that's just like
Goodbye
not your fault
Text Message

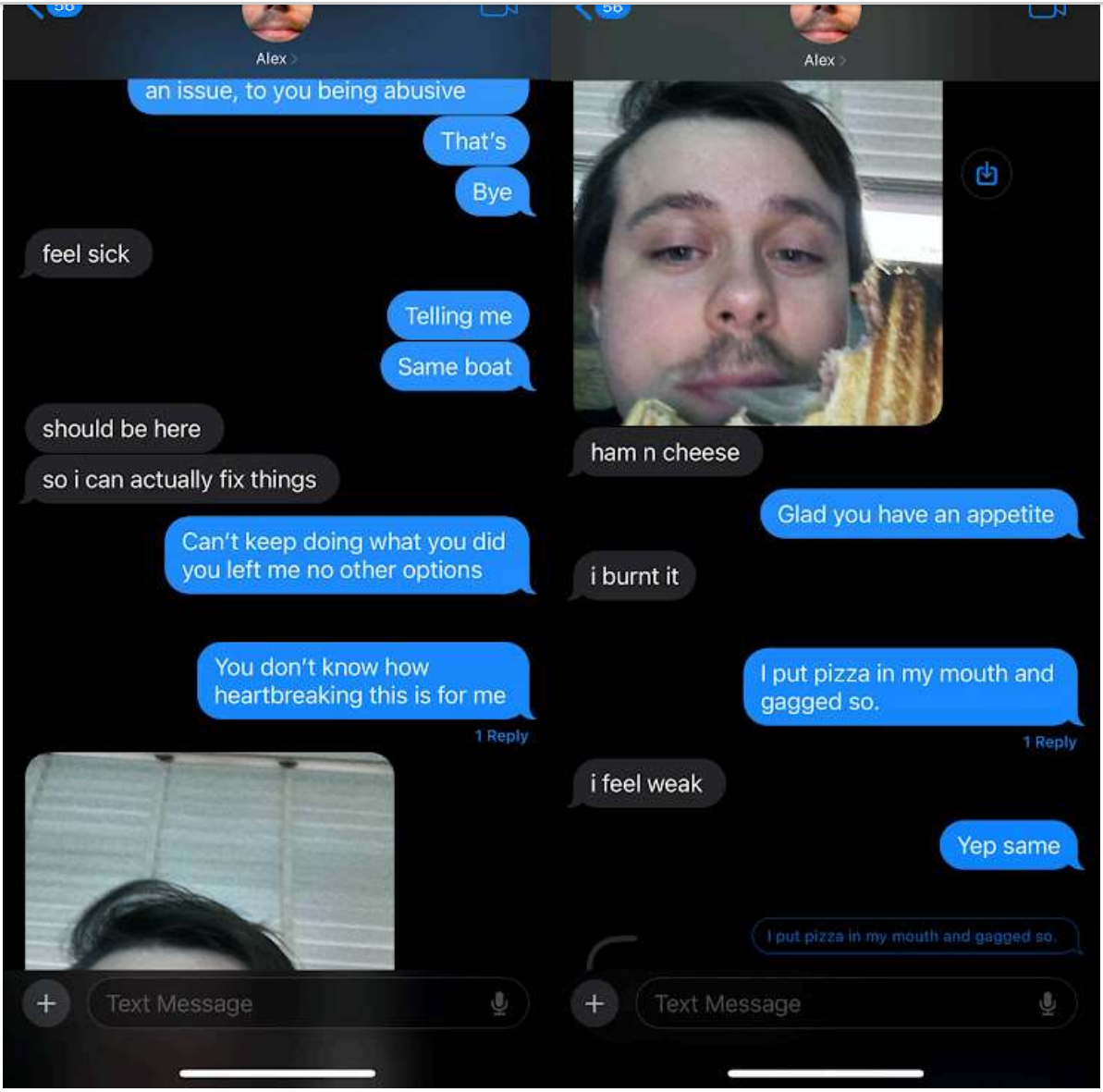
# Response - Read First



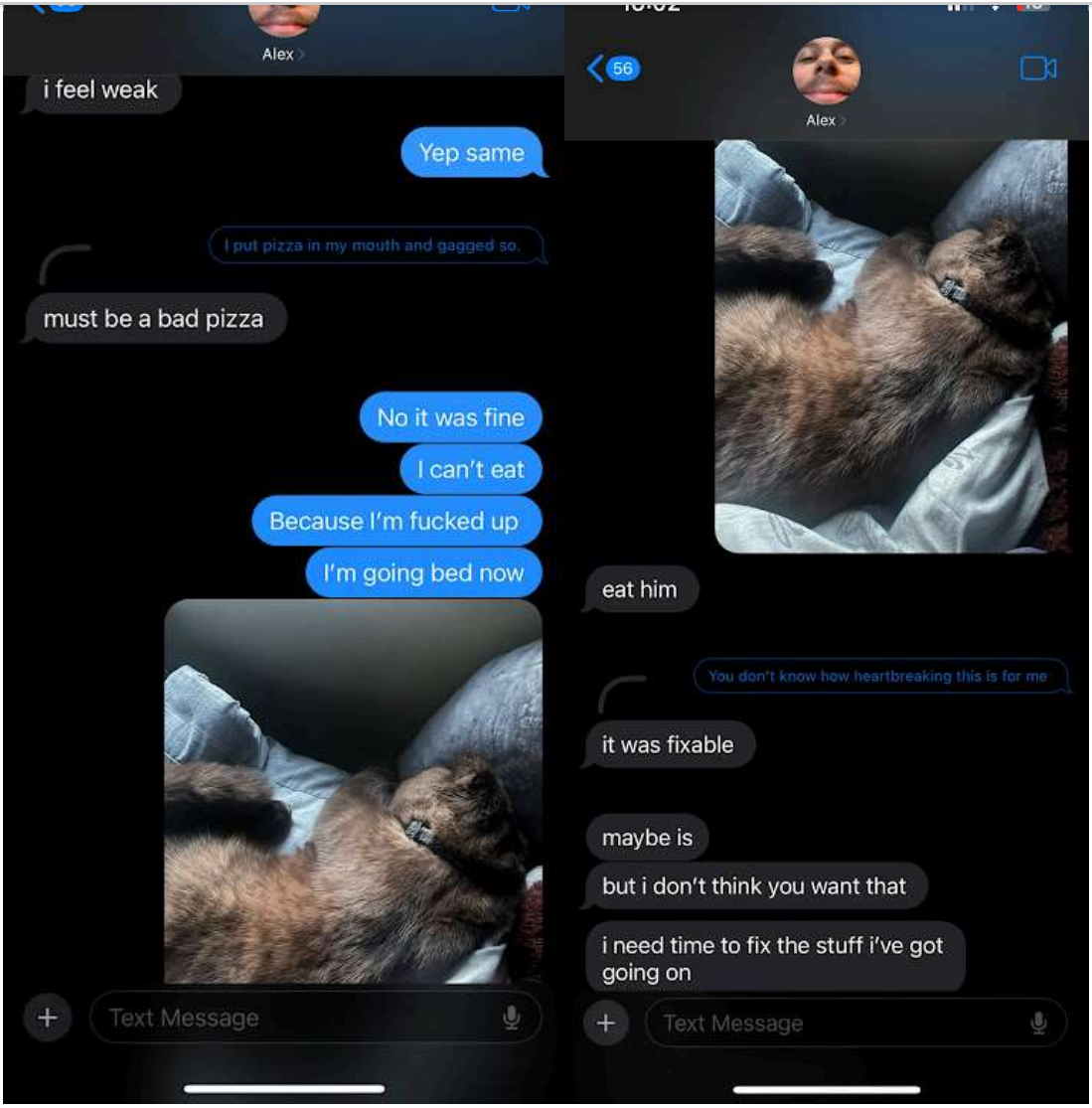
# Response - Read First


56
Alex
You made it an issue
okay i made it an issue because it was???
It wasn't and didn't need to be
I was fucking cleaning
God
Idc about that I care about the lengths you go to after
That's Yh issue
Not the argument
Idc about the argument
I still love you after arguments
But
Then you
Take it so far
That's the issue
Will always be the issue
Always has been the issue
Text Message
56
Alex
Will always be the issue
Always has been the issue
okay i've acknowledged all this
And you still
and agree
Won't
Get it
You haven't said that
so why don't you do that with start g them?
You've just said
Everything I do
My god
Don't compare the start of something I had no idea was even an issue, to you being abusive
That's
Text Message

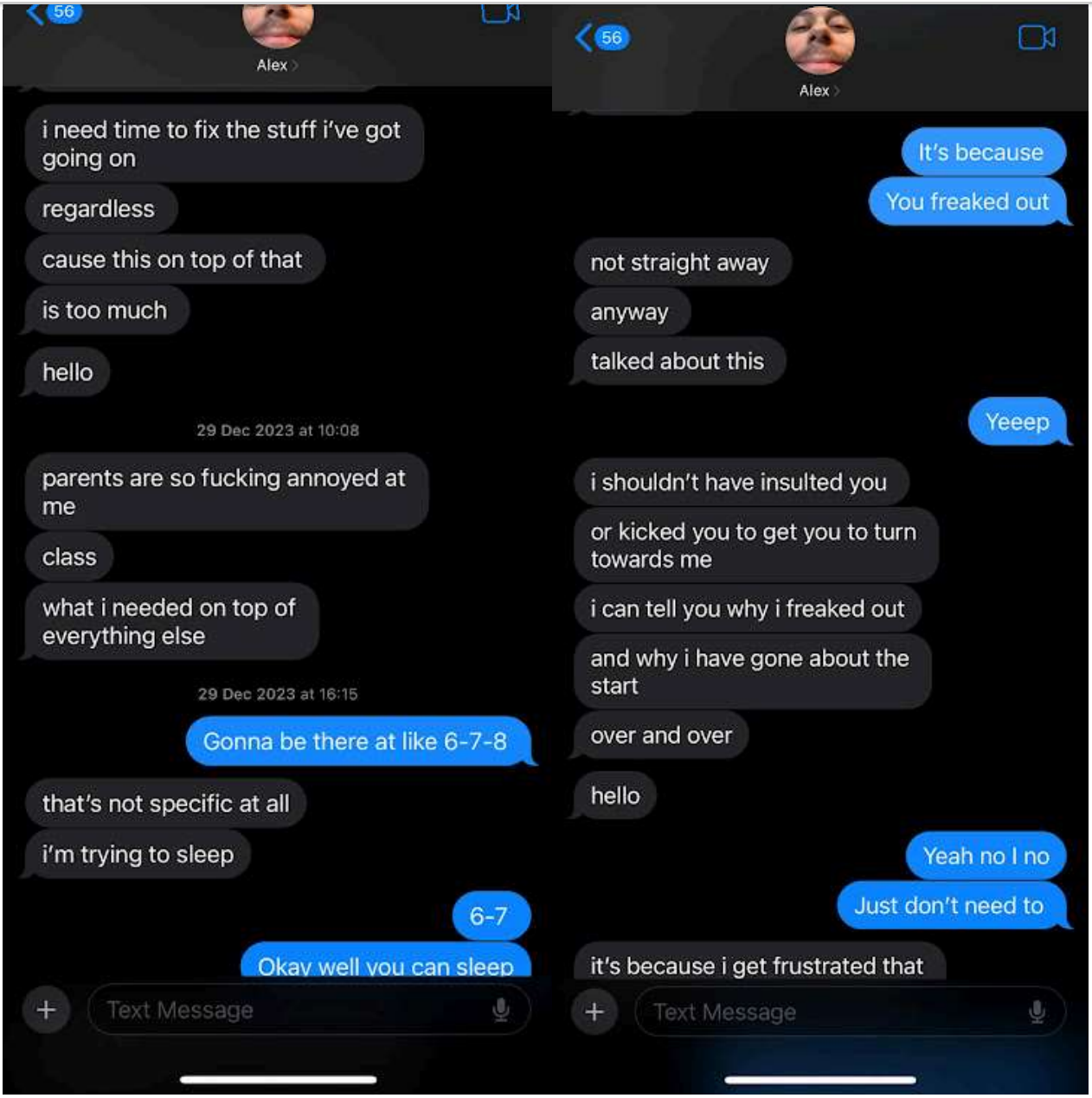
# Response - Read First



# Response - Read First



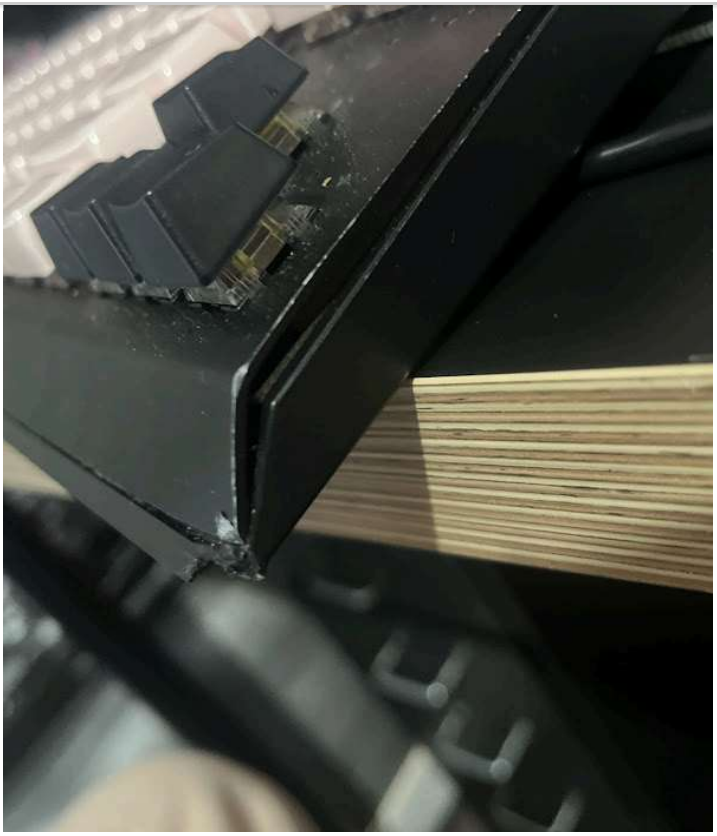
# Response - Read First




The second pic here isn't in order, just more proof of him admitting to kicking me.

You can see he talks about vandalising my keyboard before I even come over to see what he had done to my set up to give me a warning on why it was all smashed up. He says the keys “fell off” anyone that owns a keyboard knows your keys dont just “fall off” and that he smashed it somewhere. The keyboard had dents in it around the side, which I can post pictures of.

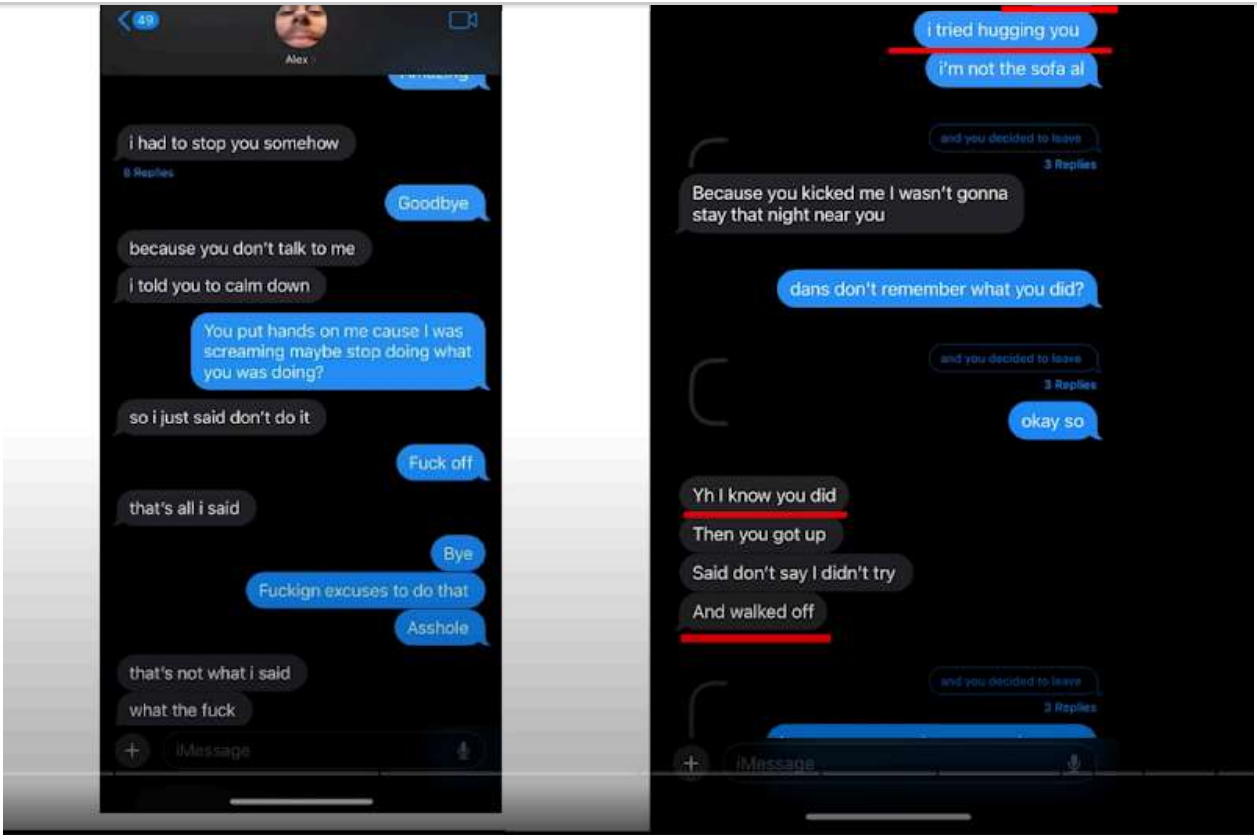
# Response - Read First



He claims I made up what had happened to me in his video about the 19th again, stating I mentioned it was 4 days into living with each other, then in the text I say it was 2. I didn't know the exact dates to align when everything happened to me like moving in etc until i had to get the receipts and put everything together in order. Proof that I wasn't planning to do this. This doesn't take from the fact that it still happened. I know for a fact it was on that date, as on the same day I wrote it down in my notes app to tell myself to leave him if he ever does it again. I'm someone who forgives things like this after a while and let the next horrible thing happen, so I noted this down to remind myself that I needed to get out.

He claims in this video that i admit to him trying to hug me instead of dragging me, now these screenshots he used are from two DIFFERENT situations. He has manipulated this. That's why I have been linking the WHOLE conversation.

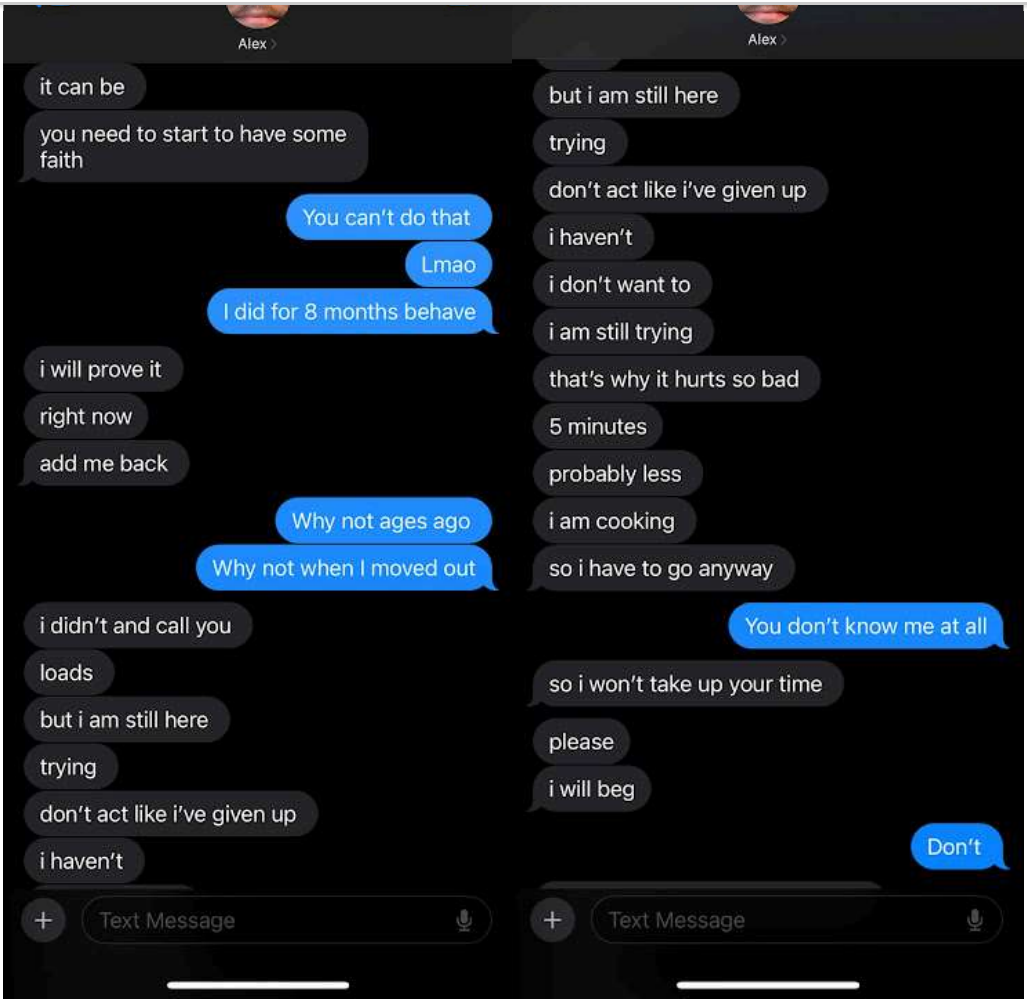
# Response - Read First


i had to stop you somehow
Goodbye
because you don't talk to me
i told you to calm down
You put hands on me cause I was screaming maybe stop doing what you was doing?
so i just said don't do it
Fuck off
that's all i said
Bye
Fuckign excuses to do that
Asshole
that's not what i said
what the fuck
iMessage
i tried hugging you
i'm not the sofa al
3 Replies
Because you kicked me I wasn't gonna stay that night near you
dans don't remember what you did?
3 Replies
okay so
Yh I know you did
Then you got up
Said don't say I didn't try
And walked off
3 Replies
iMessage

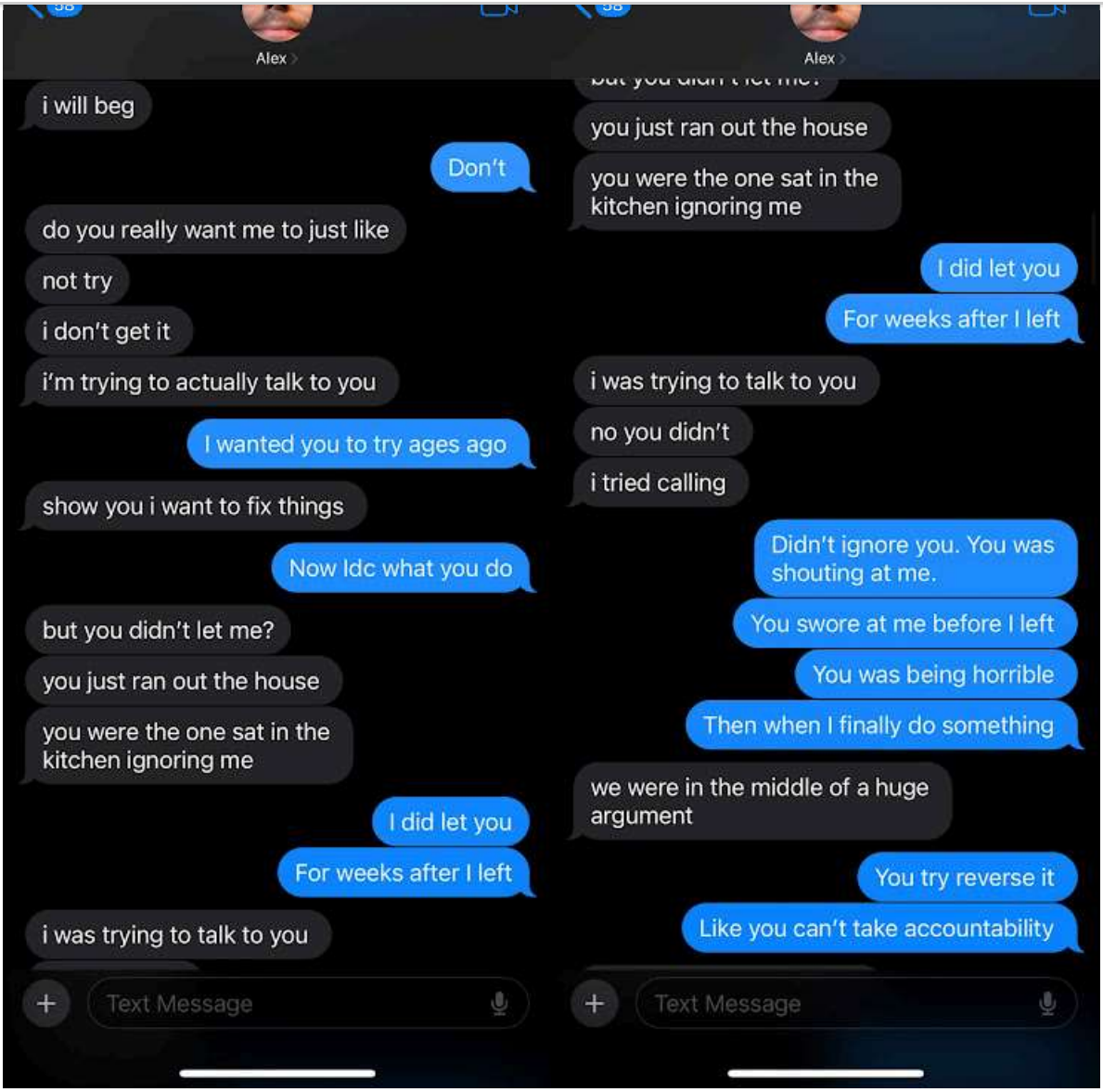
In my screenshot on the left, is from the conversation I will share about him dragging me, and him saying it was to “stop me somehow” so he admits to doing it, and is trying to manipulate the story and proof by linking it to another situation that happened.
In the screenshot on the right is a completely different part of the conversation where we moved on to the situation where he kicked me as i was walking away, in his OWN screenshot i can debunk that conversation right now, after he kicked me, and i went around the house packing my things i had taken bear into the living room with his harness, shut the door and waited for my friend to pick me up. Here he says he tried hugging me, he did in fact try hugging me! No not instead of kicking me, he did that. No this isn't the time he dragged me while screaming as that happened days after living together, and him kicking me happened on the day i moved out. this time around when he had kicked my back, i was in shock and silent. This is all in the video I posted. He's tried to merge these two separate times together, when that's not true.

Yes he tried hugging me, in the living room after he went around the house screaming, i told him to stop and to go away, it's in the video i posted in my first statement, after i stop the video, at the end you can see i'm in the living room now. i get myself into the living room shut the door he came in trying to stop me from leaving, he states in messages i will add (the whole conversation) he saw the car outside and he came in to try hug me, i denied this hug and he then gets up says “don't say i didn't try” and walked away. Below will be the whole conversation there so he cannot twist the narrative and lie.

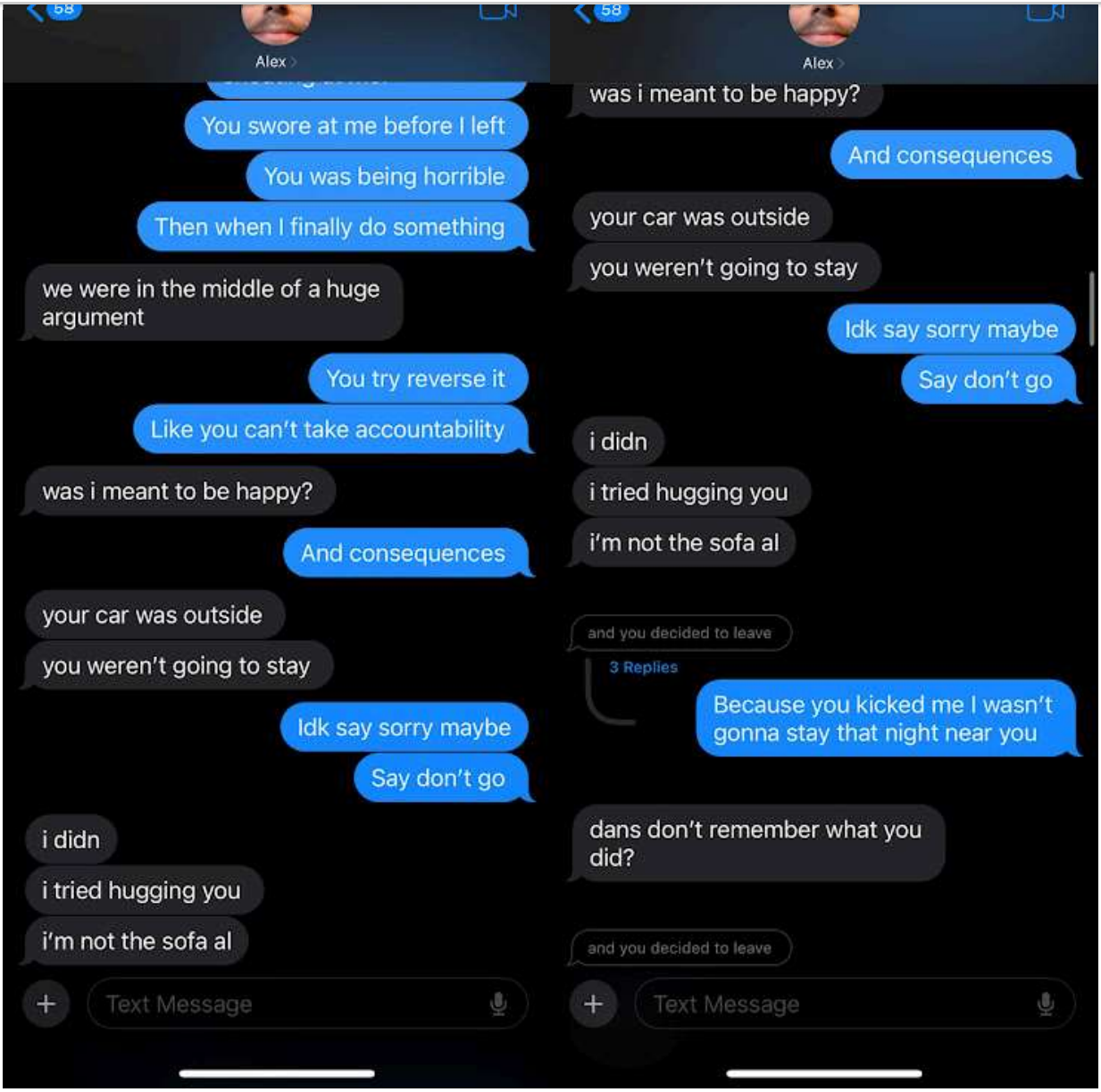
# Response - Read First



# Response - Read First

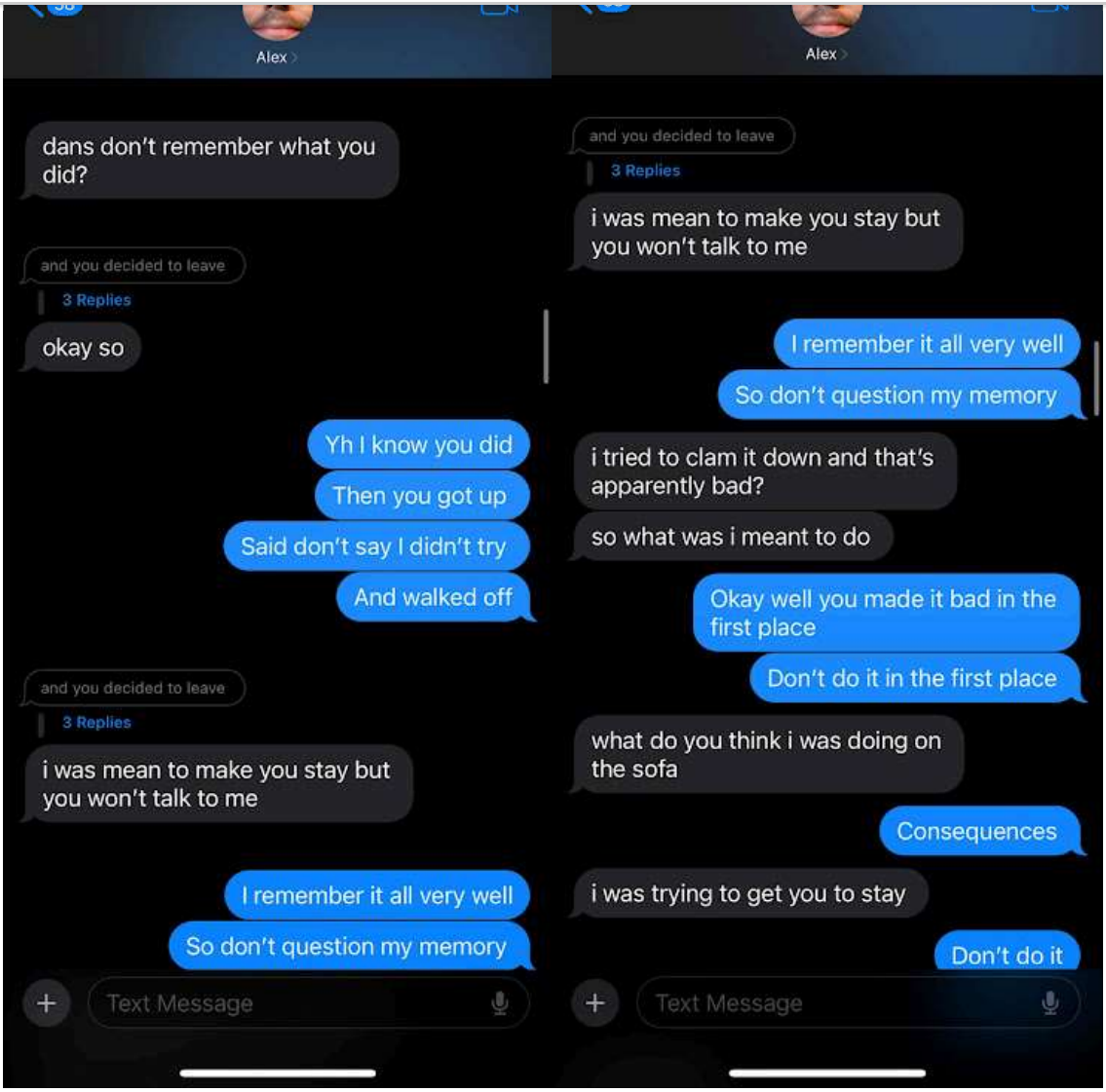

Alex
i will beg
Don't
do you really want me to just like
not try
i don't get it
i'm trying to actually talk to you
I wanted you to try ages ago
show you i want to fix things
Now Idc what you do
but you didn't let me?
you just ran out the house
you were the one sat in the kitchen ignoring me
I did let you
For weeks after I left
i was trying to talk to you
Text Message
Alex
you just ran out the house
you were the one sat in the kitchen ignoring me
I did let you
For weeks after I left
i was trying to talk to you
no you didn't
i tried calling
Didn't ignore you. You was shouting at me.
You swore at me before I left
You was being horrible
Then when I finally do something
we were in the middle of a huge argument
You try reverse it
Like you can't take accountability
Text Message

# Response - Read First

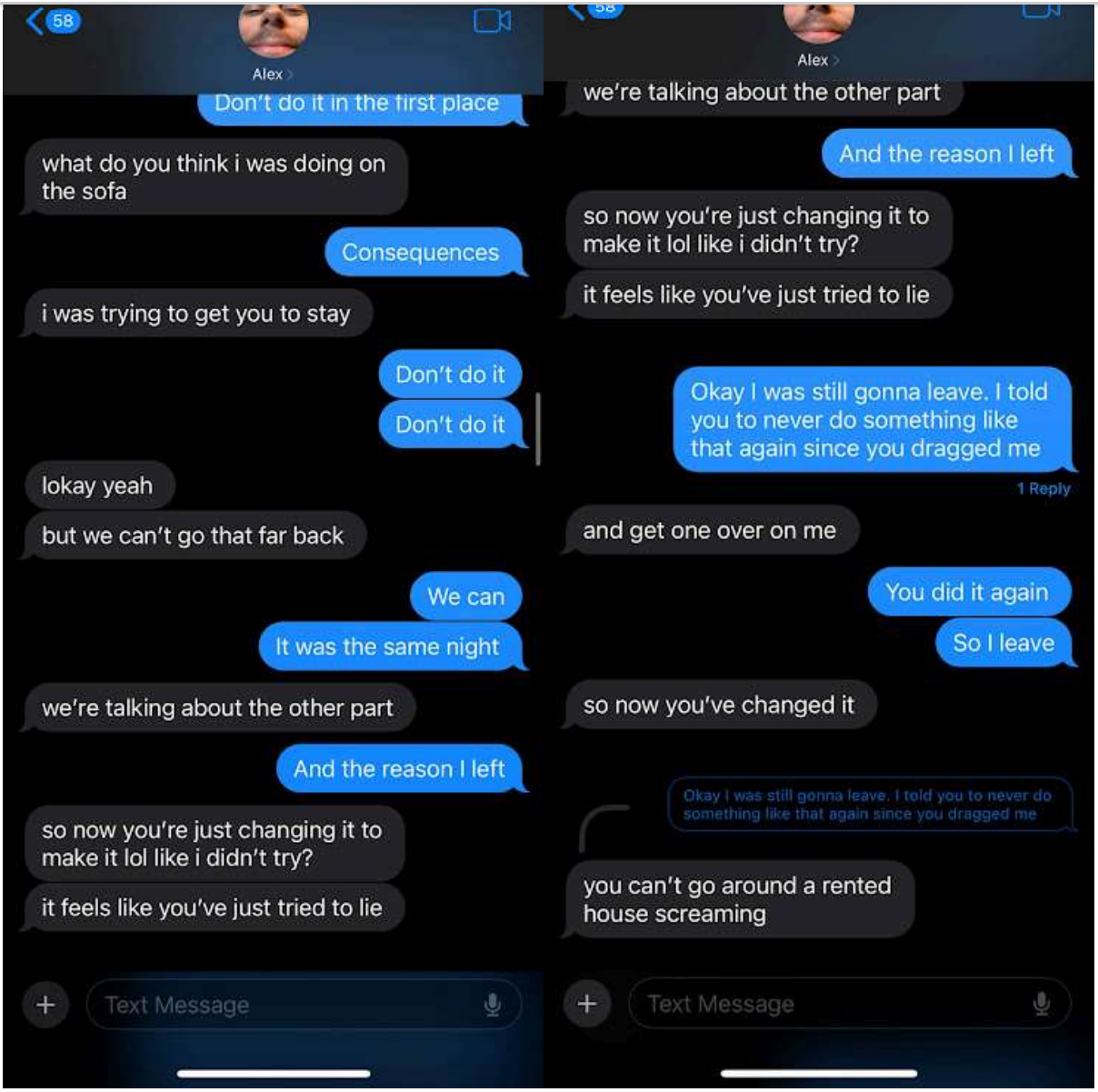

Alex
You swore at me before I left
You was being horrible
Then when I finally do something
we were in the middle of a huge argument
You try reverse it
Like you can't take accountability
was i meant to be happy?
And consequences
your car was outside
you weren't going to stay
Idk say sorry maybe
Say don't go
i didn
i tried hugging you
i'm not the sofa al
Text Message
Alex
was i meant to be happy?
And consequences
your car was outside
you weren't going to stay
Idk say sorry maybe
Say don't go
i didn
i tried hugging you
i'm not the sofa al
and you decided to leave
3 Replies
Because you kicked me I wasn't gonna stay that night near you
dans don't remember what you did?
and you decided to leave
Text Message

I say “say dont go” because what i really got when i left the house, was “fuck off” and a middle finger.

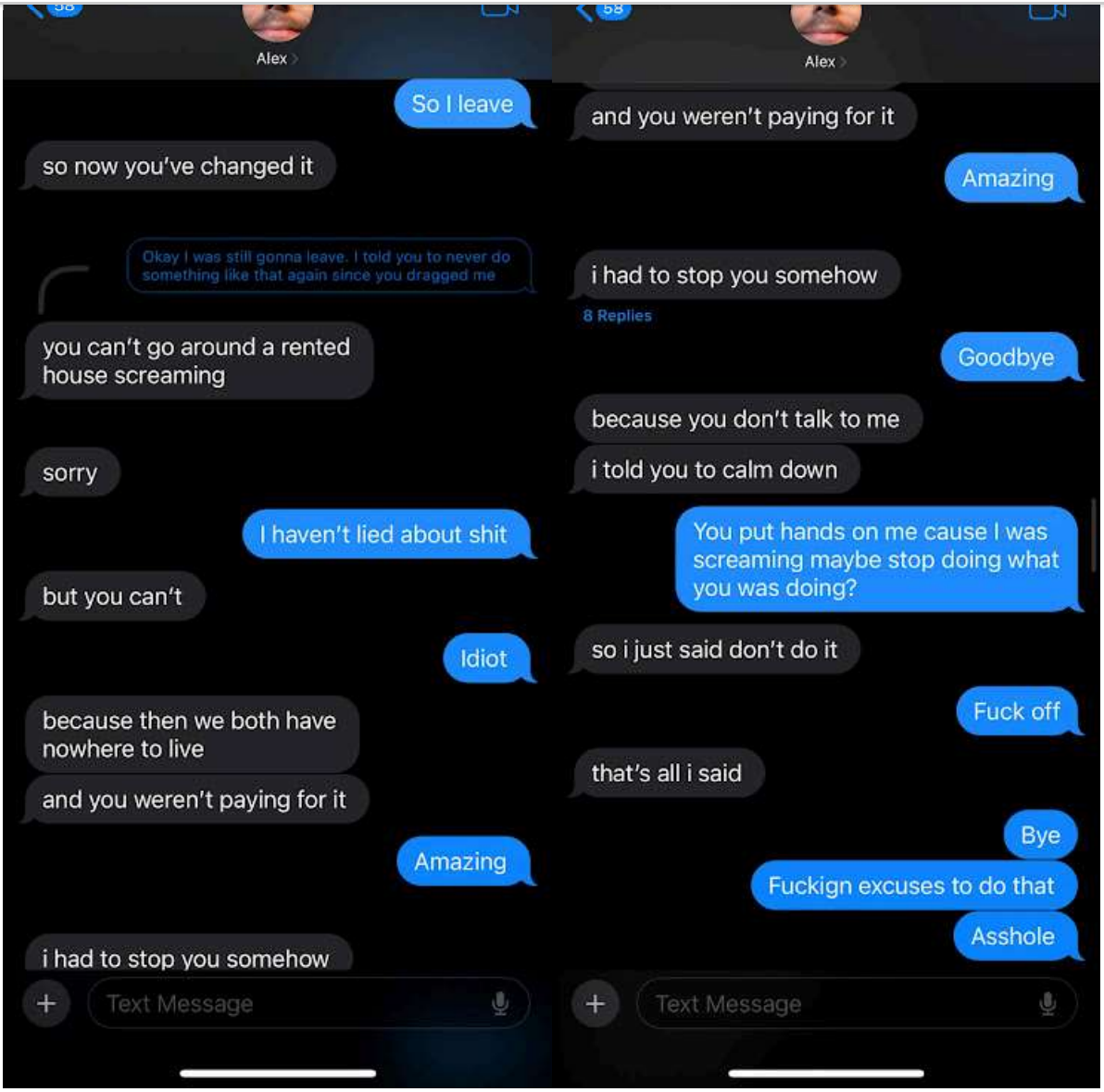
# Response - Read First


Alex
dans don't remember what you did?
and you decided to leave
3 Replies
okay so
Yh I know you did
Then you got up
Said don't say I didn't try
And walked off
and you decided to leave
3 Replies
i was mean to make you stay but you won't talk to me
I remember it all very well
So don't question my memory
Text Message
Alex
and you decided to leave
3 Replies
i was mean to make you stay but you won't talk to me
I remember it all very well
So don't question my memory
i tried to clam it down and that's apparently bad?
so what was i meant to do
Okay well you made it bad in the first place
Don't do it in the first place
what do you think i was doing on the sofa
Consequences
i was trying to get you to stay
Don't do it
Text Message

# Response - Read First


58
Alex
Don't do it in the first place
what do you think i was doing on the sofa
Consequences
i was trying to get you to stay
Don't do it
Don't do it
lokay yeah
but we can't go that far back
We can
It was the same night
we're talking about the other part
And the reason I left
so now you're just changing it to make it lol like i didn't try?
it feels like you've just tried to lie
Text Message
Alex
we're talking about the other part
And the reason I left
so now you're just changing it to make it lol like i didn't try?
it feels like you've just tried to lie
Okay I was still gonna leave. I told you to never do something like that again since you dragged me
1 Reply
and get one over on me
You did it again
So I leave
so now you've changed it
Okay I was still gonna leave. I told you to never do something like that again since you dragged me
you can't go around a rented house screaming
Text Message

# Response - Read First


Alex
So I leave
so now you've changed it
Okay I was still gonna leave. I told you to never do something like that again since you dragged me
you can't go around a rented house screaming
sorry
I haven't lied about shit
but you can't
Idiot
because then we both have nowhere to live
and you weren't paying for it
Amazing
i had to stop you somehow
Text Message
Alex
and you weren't paying for it
Amazing
i had to stop you somehow
8 Replies
Goodbye
because you don't talk to me
i told you to calm down
You put hands on me cause I was screaming maybe stop doing what you was doing?
so i just said don't do it
Fuck off
that's all i said
Bye
Fuckign excuses to do that
Asshole
Text Message

# Response - Read First

He claims he “asks” to break up yet that isn't quite how it is, in my statement i show him threatening to leave me, then apologising and trying to reverse everything that was said. He “broke up” with me multiple times, then spammed me to call him and talk to him. His intention was never to break up with me, just to manipulate me into calling him.
I never liked calling alex as after every single call we had with each other ended very badly, both of us screaming at each other and being shitty.

I stopped answering calls in arguments because he would always end up calling me a whore, bitch, etc and with that i even posted clips i had got from previous discord calls in my first statement. These clips were caught on my pc with a gaming clip extension, i never recorded the whole call and i never had intent to share those clips outside of my own bubble. That's why they were 10-30s long or a minute. I state I clipped those as they were so shocking to me I had to watch them back and remind myself this man was doing what he was doing, and I was valid for feeling the way I felt.

In the video he says im “gaslighting” him into believing the event of him kicking me had taken place,  so i put in the whole conversation where he will deny deny deny, stop denying then say it was a “joke” that he was “getting my attention”. So here again, he lied. Spinning the narrative saying he kicked me out, and broke up

# Response - Read First

asking to call and to come back, Im emotional, I'm a wreck, did I wanna leave? No but I had to. He did this again and I made a promise to myself that it would be the last straw.
No this does not make me a perfect victim and yes i say shitty things back, but hopefully you can read these and understand its reactive. Alex is so intense that it made me break alot. Im sure in a way he feels the same, now that i know he has now been diagnosed it makes sense as to why he did, said and acted the way he did, but i would never want to blame a mental health issue on why he treated me the way he did because it completely discredits everything i went through and drags down so many other people who would NEVER do the things he did, i'm just trying to grasp onto any reasoning

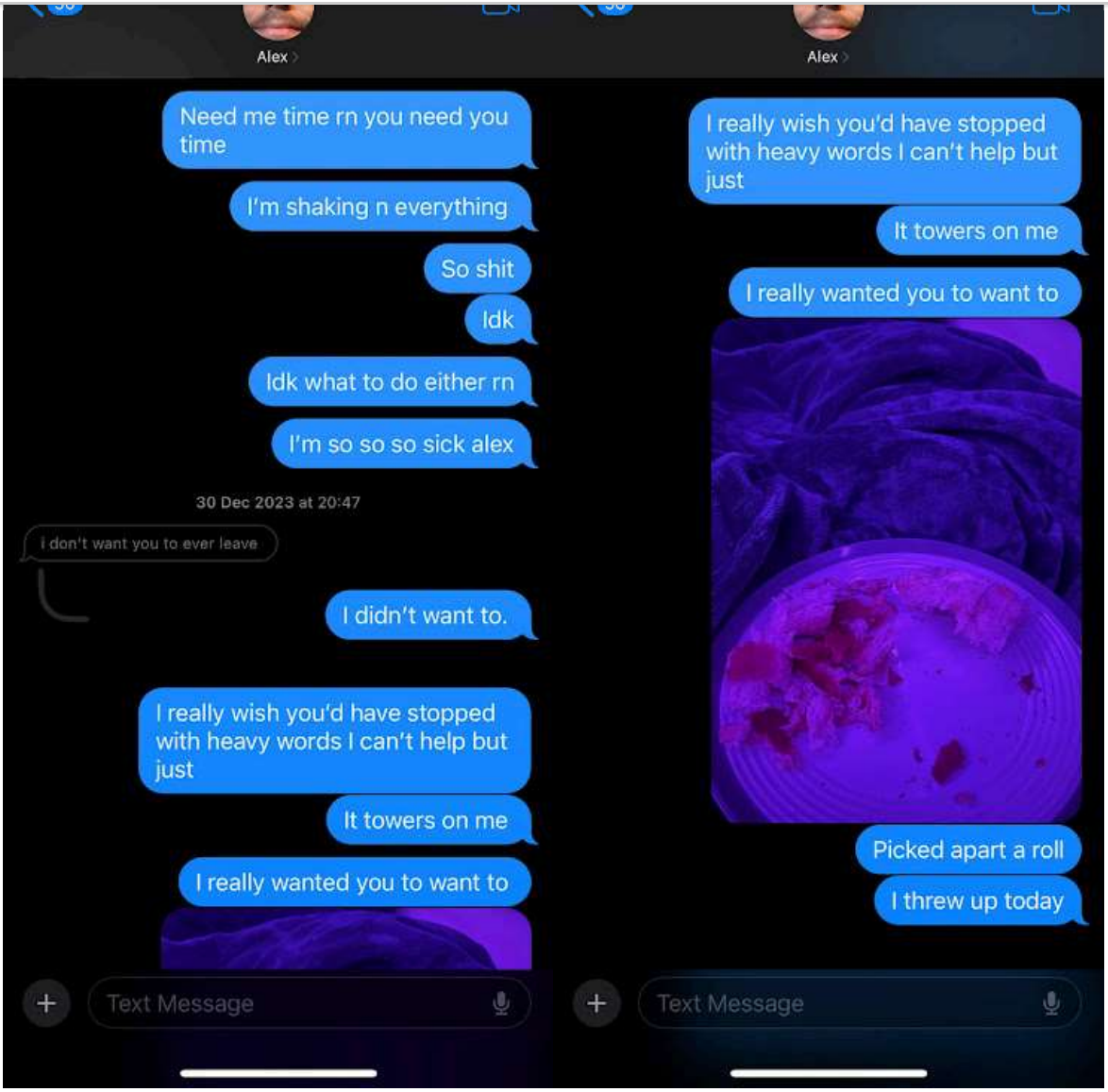
Stating in the video that after i left the house, i started blackmailing and threatening after i was asked to stay away, that is not why i did that. He was threatening to vandalise my property and I threatened police and exposure if he did such things, which I came to find out he did in fact destroy my things, and to avoid issues with the police, he paid me back and replaced everything he broke. I didn't start claiming abuse because I was told not to come back, that is spun completely wrong as you can read the whole conversation. I state that he kicked me, and that is the reason I left. I never threatened the police for him “trying to leave the relationship” . I threatened him with the police for saying he will put my 3+k set up outside while it was raining.

He was never blackmailed into staying in the relationship, he begged and begged for me to come back, this was all put in the first statement that im starting to believe he didn't even read before making this video. You can see he wasn't “trying to leave” after spamming me on multiple accounts after being blocked, and asked to leave me alone. He begged for me to stay in contact with him, which I did out of pity and the harsh reality that it was hard to let go of someone I tried to believe would change for me. I had all of this in the first statement of him harassing me. And now i feel i have to add more to give you the right picture that i was not blackmailing him to be with me, he was manipulating me telling me he wants to fix things and begged to play games with me and hang out again.

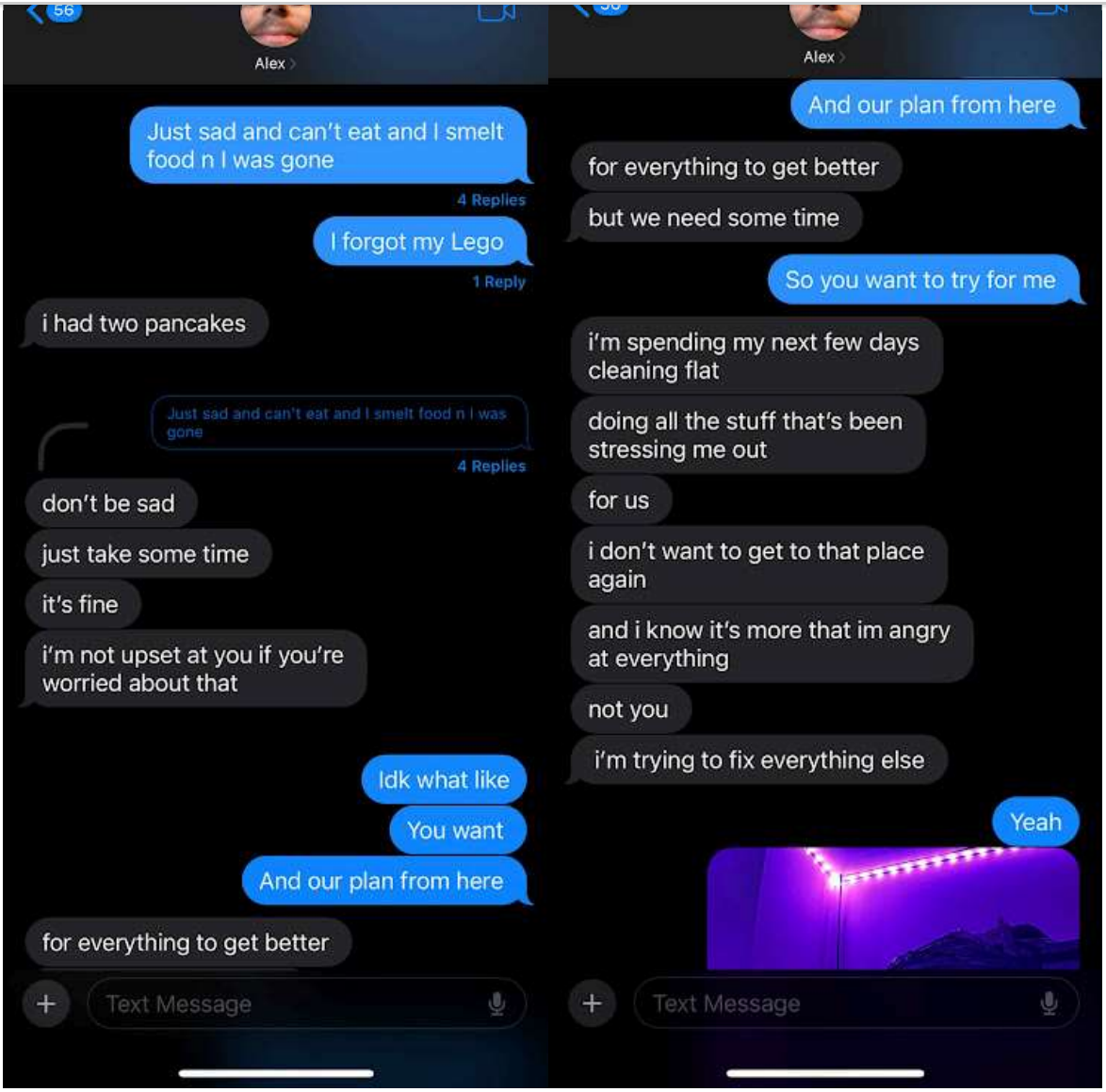
In the beginning the dynamic was a lot more “comforting” than it was anything toxic, ofc it got toxic after he was claiming to want me back and fix things, then continue to insult me and argue with me, there's many things i can get into like the “jealousy” and the claims to be “controlling” but i'll get to those in the same order of the video.

For now I'm going to link one of our conversations on the 30th December, when I had freshly left him on the 29th.

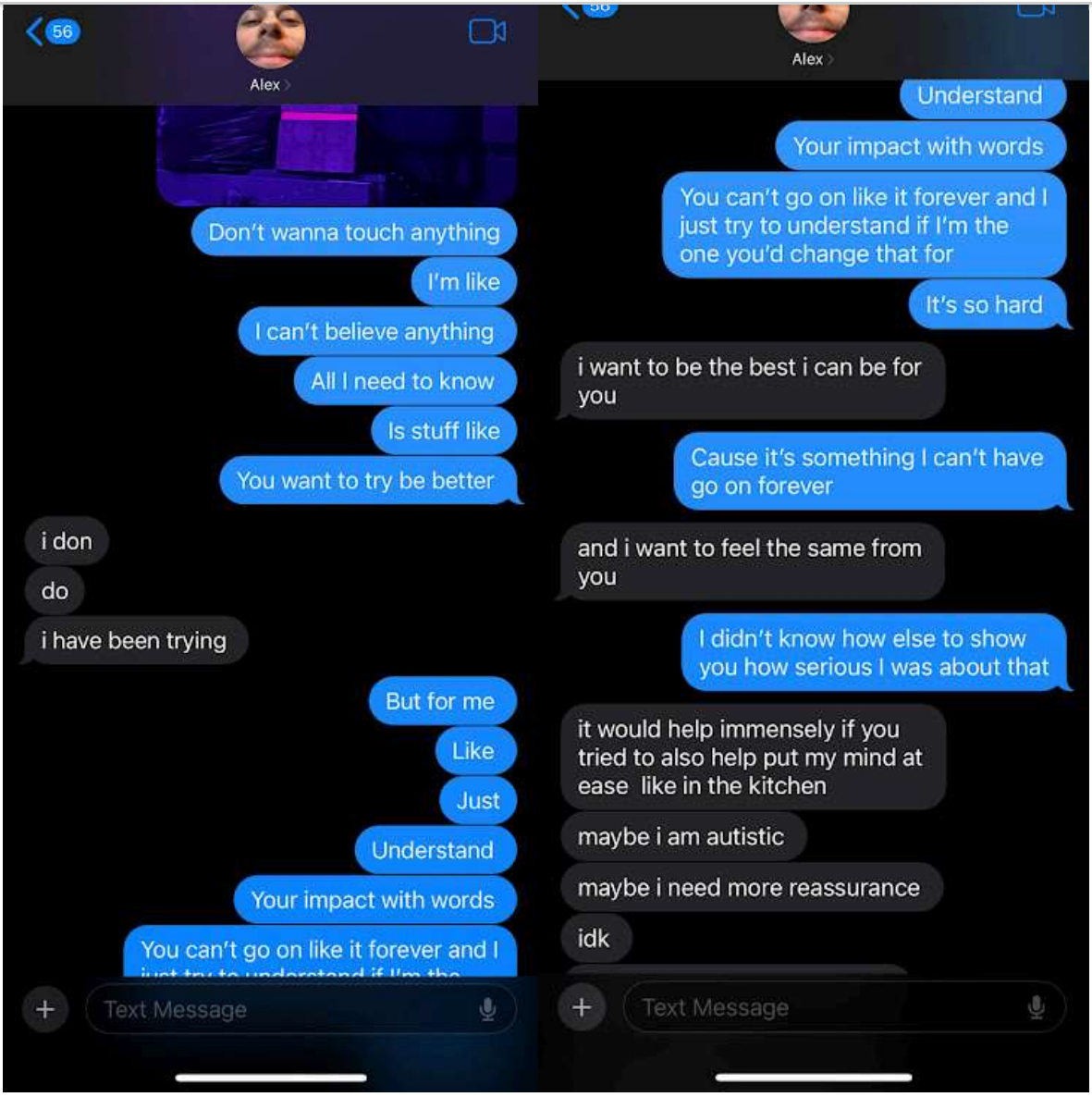
# Response - Read First


Alex
Need me time rn you need you time
I'm shaking n everything
So shit
Idk
Idk what to do either rn
I'm so so so sick alex
30 Dec 2023 at 20:47
i don't want you to ever leave
I didn't want to.
I really wish you'd have stopped with heavy words I can't help but just
It towers on me
I really wanted you to want to
Text Message
Alex
I really wish you'd have stopped with heavy words I can't help but just
It towers on me
I really wanted you to want to
Picked apart a roll
I threw up today
Text Message

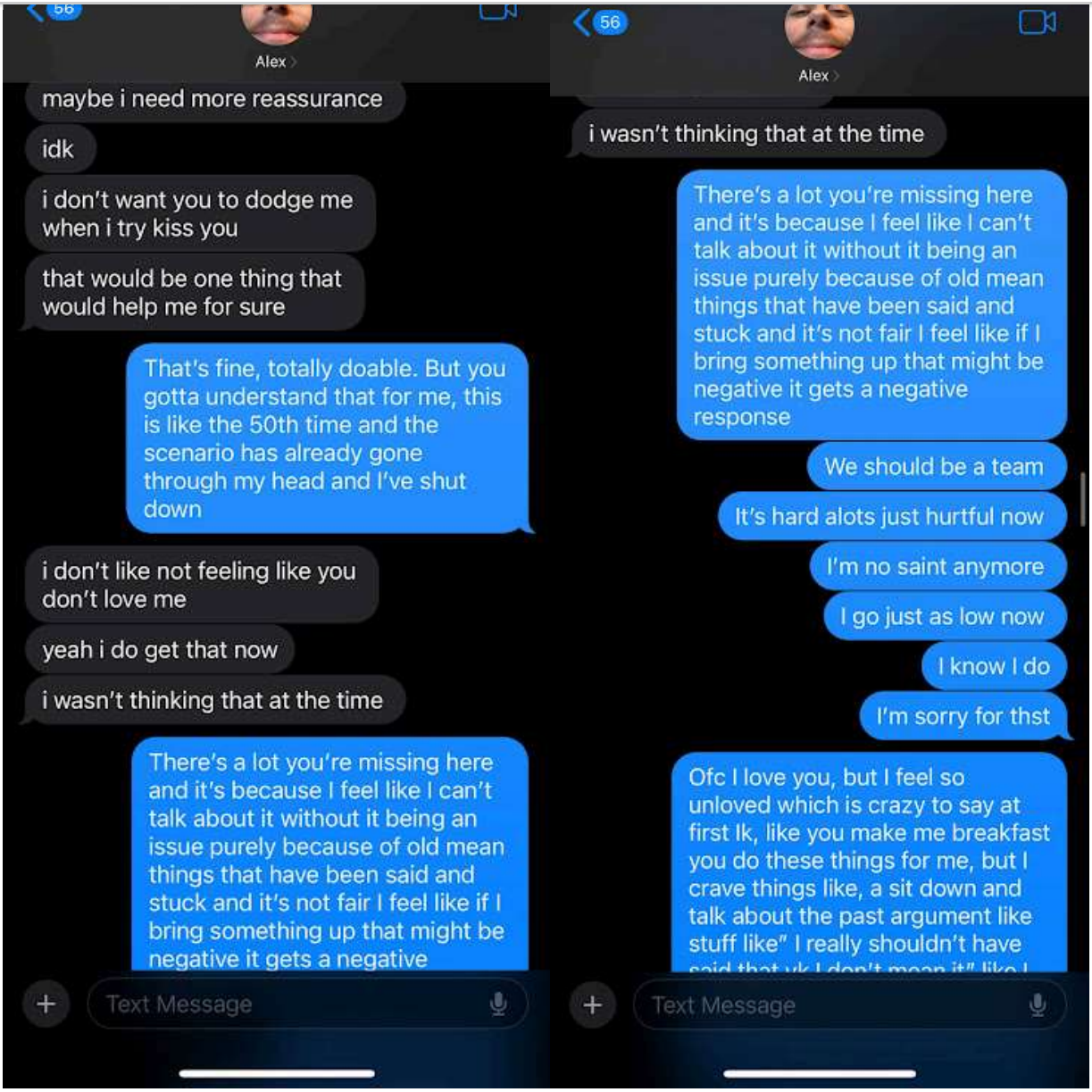
# Response - Read First


Alex
Just sad and can't eat and I smelt food n I was gone
4 Replies
I forgot my Lego
1 Reply
i had two pancakes
Just sad and can't eat and I smelt food n I was gone
4 Replies
don't be sad
just take some time
it's fine
i'm not upset at you if you're worried about that
Idk what like
You want
And our plan from here
for everything to get better
Text Message
Alex
And our plan from here
for everything to get better
but we need some time
So you want to try for me
i'm spending my next few days cleaning flat
doing all the stuff that's been stressing me out
for us
i don't want to get to that place again
and i know it's more that im angry at everything
not you
i'm trying to fix everything else
Yeah
Text Message

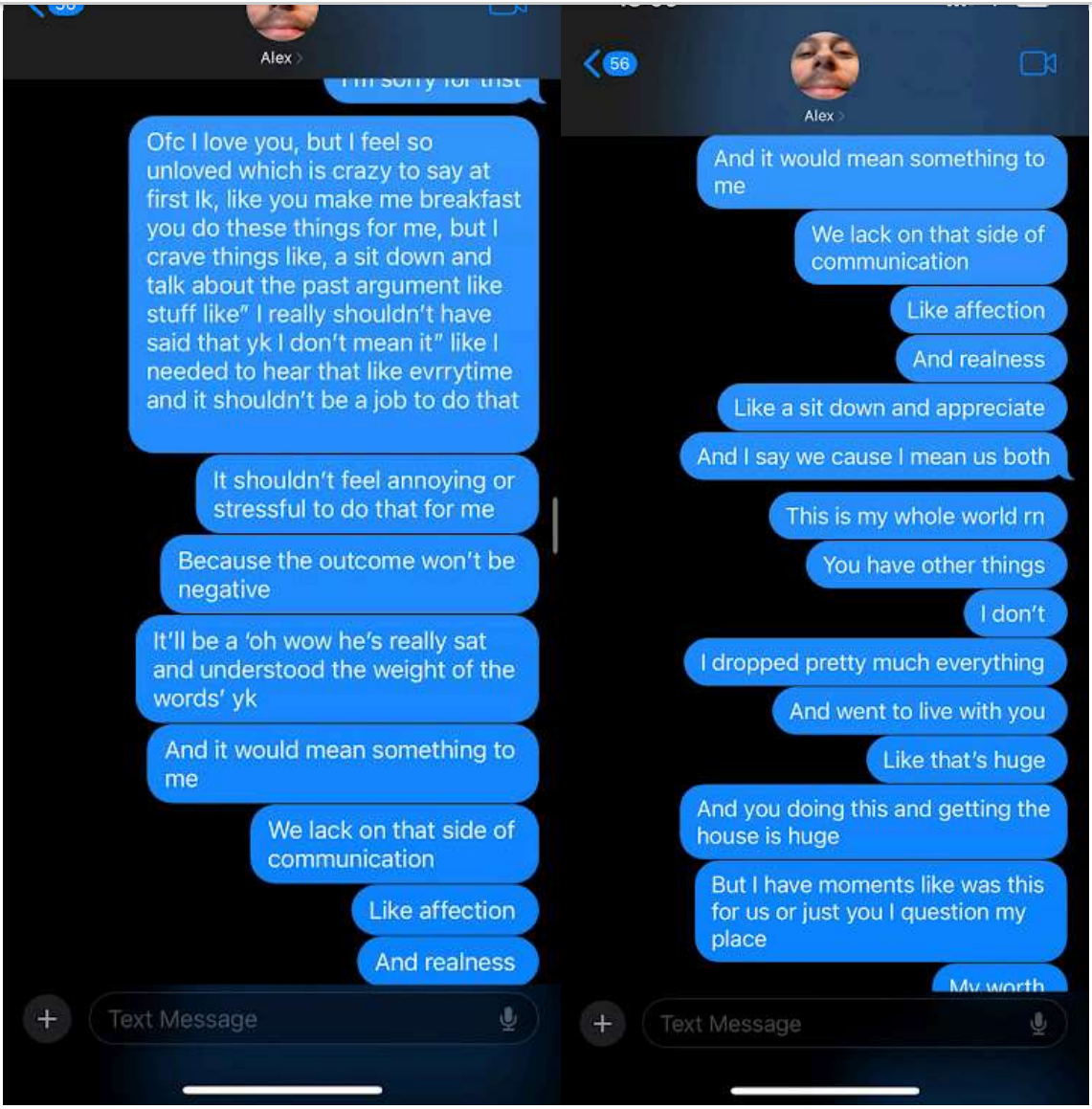
# Response - Read First


56
Alex
Don't wanna touch anything
I'm like
I can't believe anything
All I need to know
Is stuff like
You want to try be better
i don
do
i have been trying
But for me
Like
Just
Understand
Your impact with words
You can't go on like it forever and I
Text Message
Alex
Understand
Your impact with words
You can't go on like it forever and I just try to understand if I'm the one you'd change that for
It's so hard
i want to be the best i can be for you
Cause it's something I can't have go on forever
and i want to feel the same from you
I didn't know how else to show you how serious I was about that
it would help immensely if you tried to also help put my mind at ease like in the kitchen
maybe i am autistic
maybe i need more reassurance
idk
Text Message

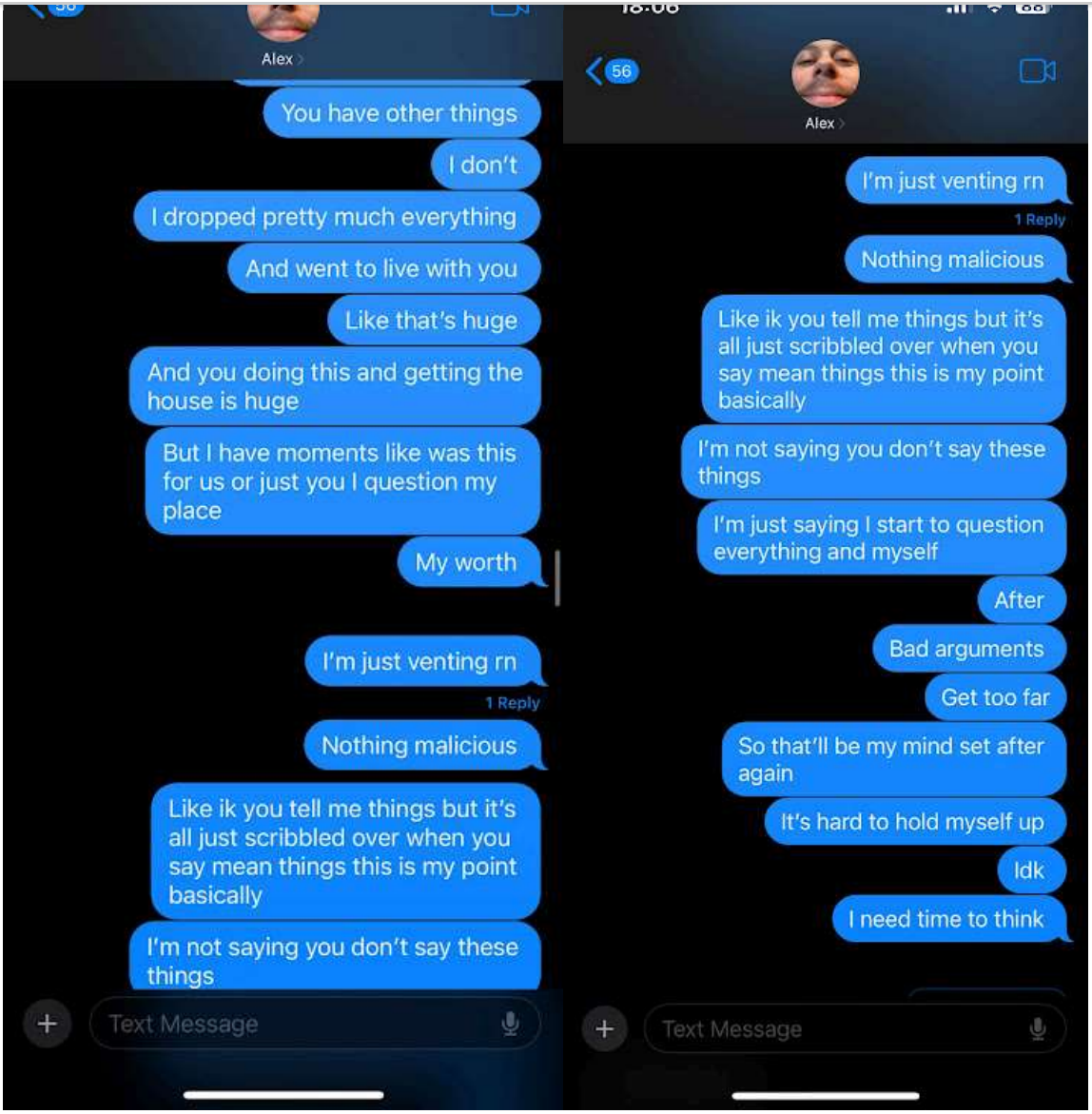
# Response - Read First


56
Alex
maybe i need more reassurance
idk
i don't want you to dodge me when i try kiss you
that would be one thing that would help me for sure
That's fine, totally doable. But you gotta understand that for me, this is like the 50th time and the scenario has already gone through my head and I've shut down
i don't like not feeling like you don't love me
yeah i do get that now
i wasn't thinking that at the time
There's a lot you're missing here and it's because I feel like I can't talk about it without it being an issue purely because of old mean things that have been said and stuck and it's not fair I feel like if I bring something up that might be negative it gets a negative
Text Message
56
Alex
i wasn't thinking that at the time
There's a lot you're missing here and it's because I feel like I can't talk about it without it being an issue purely because of old mean things that have been said and stuck and it's not fair I feel like if I bring something up that might be negative it gets a negative response
We should be a team
It's hard alots just hurtful now
I'm no saint anymore
I go just as low now
I know I do
I'm sorry for thst
Ofc I love you, but I feel so unloved which is crazy to say at first Ik, like you make me breakfast you do these things for me, but I crave things like, a sit down and talk about the past argument like stuff like" I really shouldn't have
Text Message

# Response - Read First

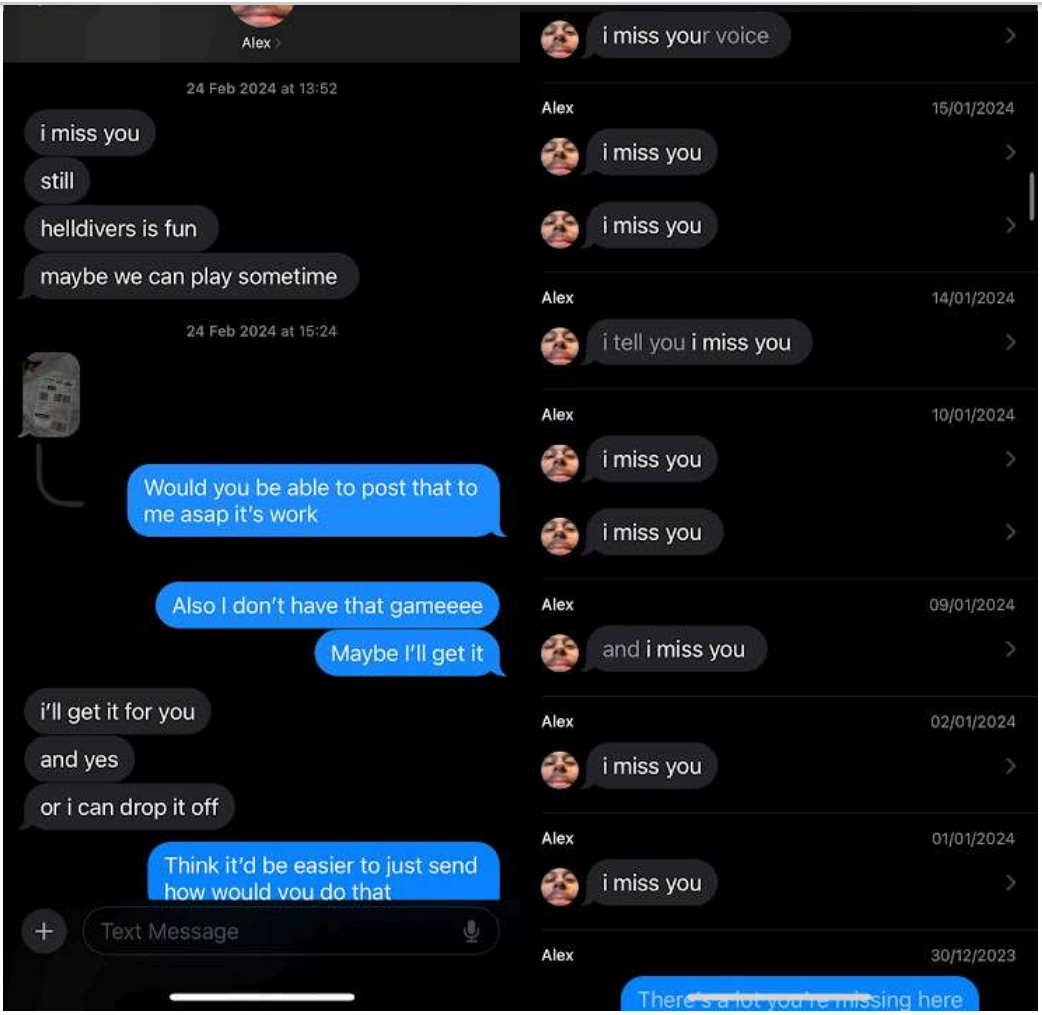

Alex
Ofc I love you, but I feel so unloved which is crazy to say at first Ik, like you make me breakfast you do these things for me, but I crave things like, a sit down and talk about the past argument like stuff like" I really shouldn't have said that yk I don't mean it" like I needed to hear that like evrrytime and it shouldn't be a job to do that
It shouldn't feel annoying or stressful to do that for me
Because the outcome won't be negative
It'll be a 'oh wow he's really sat and understood the weight of the words' yk
And it would mean something to me
We lack on that side of communication
Like affection
And realness
Text Message
56
Alex
And it would mean something to me
We lack on that side of communication
Like affection
And realness
Like a sit down and appreciate
And I say we cause I mean us both
This is my whole world rn
You have other things
I don't
I dropped pretty much everything
And went to live with you
Like that's huge
And you doing this and getting the house is huge
But I have moments like was this for us or just you I question my place
Text Message

# Response - Read First

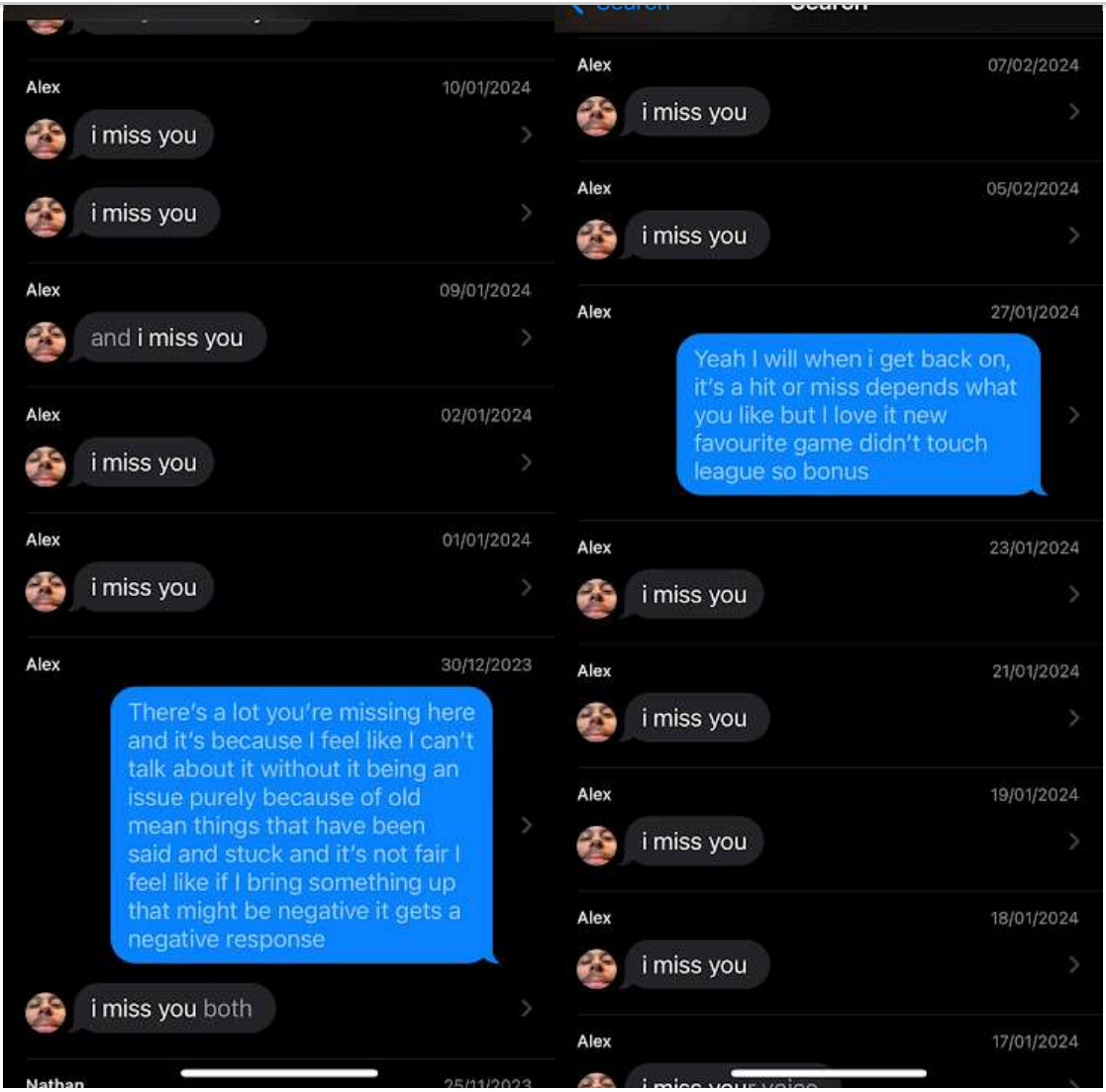

Alex
You have other things
I don't
I dropped pretty much everything
And went to live with you
Like that's huge
And you doing this and getting the house is huge
But I have moments like was this for us or just you I question my place
My worth
I'm just venting rn
1 Reply
Nothing malicious
Like ik you tell me things but it's all just scribbled over when you say mean things this is my point basically
I'm not saying you don't say these things
Text Message
56
Alex
I'm just venting rn
1 Reply
Nothing malicious
Like ik you tell me things but it's all just scribbled over when you say mean things this is my point basically
I'm not saying you don't say these things
I'm just saying I start to question everything and myself
After
Bad arguments
Get too far
So that'll be my mind set after again
It's hard to hold myself up
Idk
I need time to think
Text Message

# Response - Read First

# Response - Read First

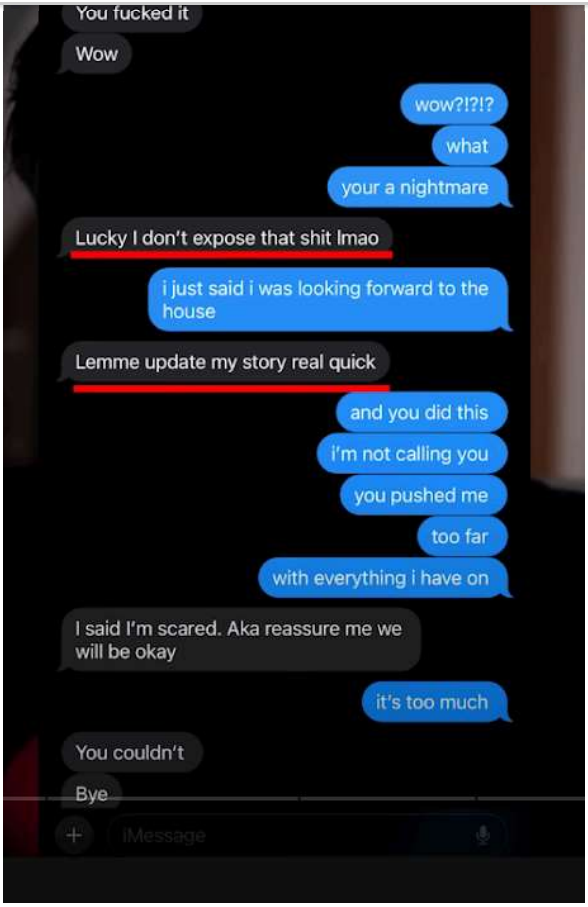


# Response - Read First


Alex 10/01/2024
i miss you
i miss you
Alex 09/01/2024
and i miss you
Alex 02/01/2024
i miss you
Alex 01/01/2024
i miss you
Alex 30/12/2023
There's a lot you're missing here and it's because I feel like I can't talk about it without it being an issue purely because of old mean things that have been said and stuck and it's not fair I feel like if I bring something up that might be negative it gets a negative response
i miss you both
Alex 07/02/2024
i miss you
Alex 05/02/2024
i miss you
Alex 27/01/2024
Yeah I will when i get back on, it's a hit or miss depends what you like but I love it new favourite game didn't touch league so bonus
Alex 23/01/2024
i miss you
Alex 21/01/2024
i miss you
Alex 19/01/2024
i miss you
Alex 18/01/2024
i miss you
Alex 17/01/2024

He states I made him send me things but no one can make anyone do anything, after this was the narrative between us both, I believed he wanted to do better and fix things, because that is what he told me multiple times. This was carried on for months. At no point do I force him to do any of this, blackmail him or manipulate him to stay with me.

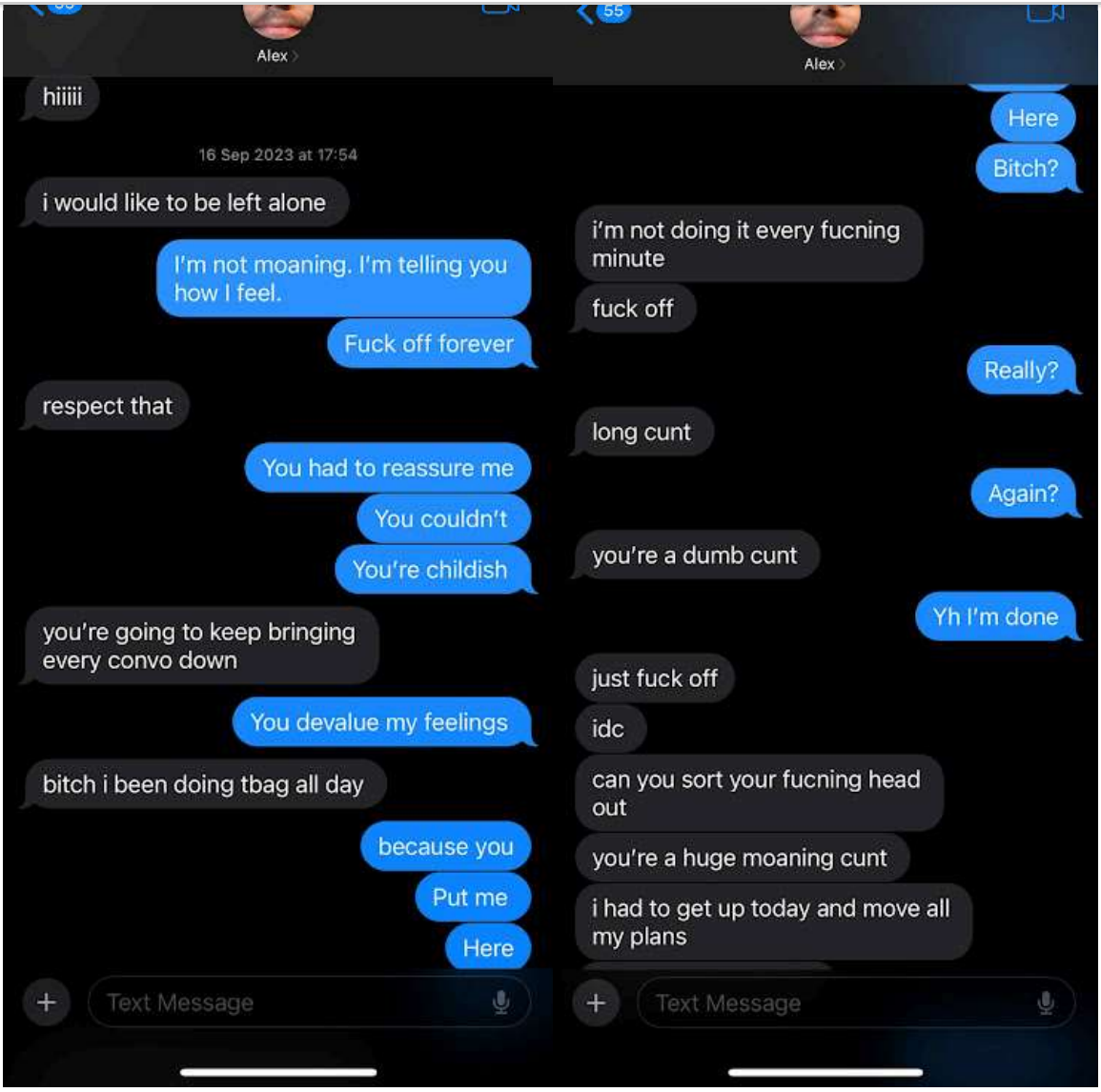
# Response - Read First



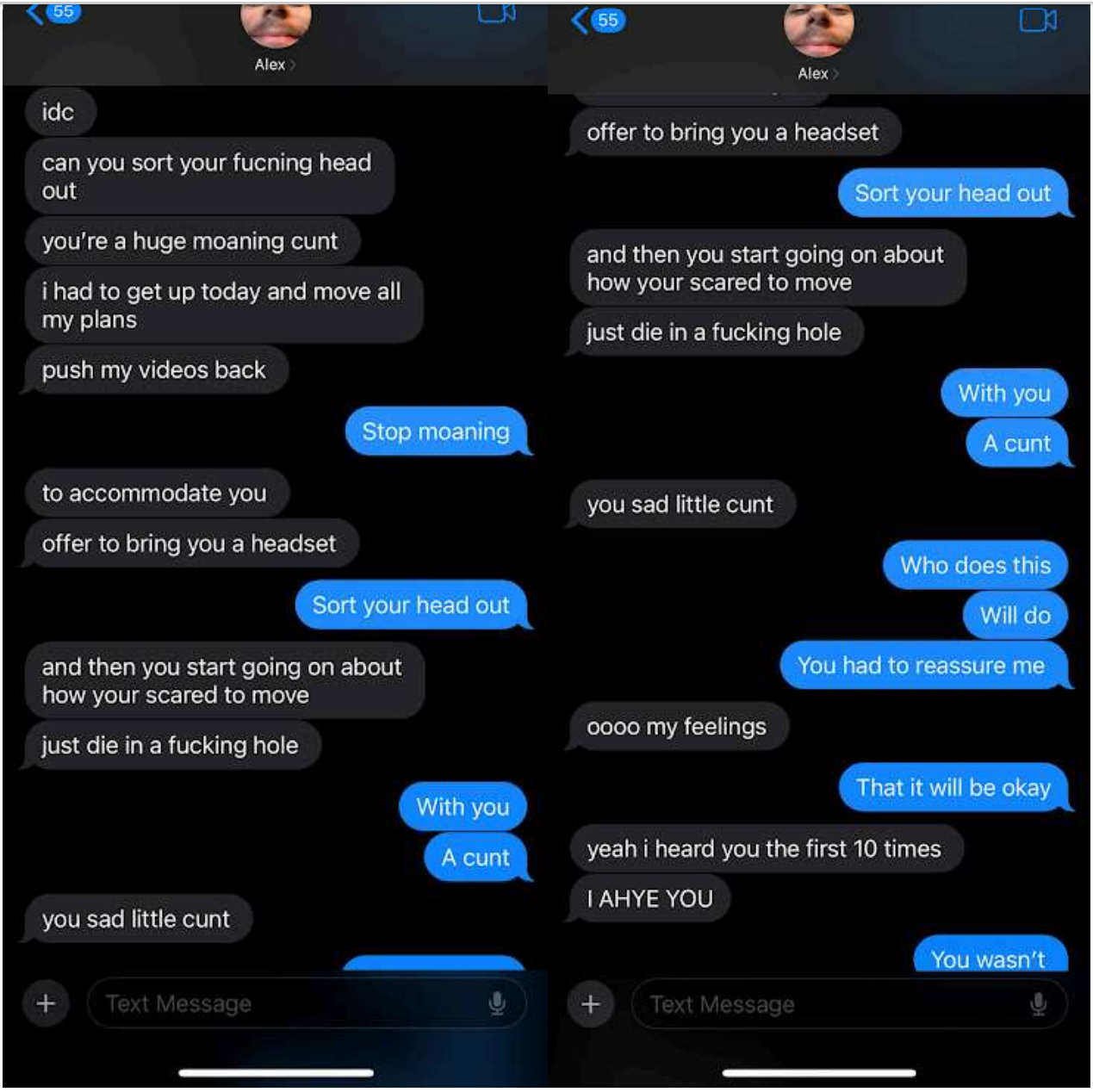

He uses this screenshot as proof of the threats, so I'll attach the whole conversation. He also stated in his video that i never express my worry about moving in with him, this yet again will be proved a lie from him in this conversation and more. He posted my reaction and not what I was reacting to, so here is the full story and hopefully it helps show how much he has manipulated this conversation into multiple segments. I will always apologise for not posting the whole thing, but again I was selfish and just wanted people to see what he did to me.

This conversation originated from a call, where I expressed to him that I am scared about moving in with him, and he reacts badly to this and it goes on from here. The insults are inexcusable i will never deny that as i have always said i said very shitty things, but i have never and will never stoop as low as death threats and telling someone im going to hurt them, after the tone was set i backed myself and gave it back after i was so vulnerable with him about the fear i had with moving in, he just proved me right so i reacted very poorly. Coming to someone saying you're scared of how they may treat you in the house you're planning on moving into, then getting insulted and screamed at will cause anyone to react.
As soon as I said “yeah i'm done” I was over the edge and did not care for anything i say after, i begged him to stop calling me the things he did in the call and he did it instantly after so I gave up.
I wanna mention in these texts whatever he insults me with. I use it back at him to retaliate, and I'm aware I go too far with the autistic comments. I wanna apologise to anyone I offend using this as an insult. I was just very ignorant, at my breaking point and I really do regret using these words. They were very normalised as we both used them.

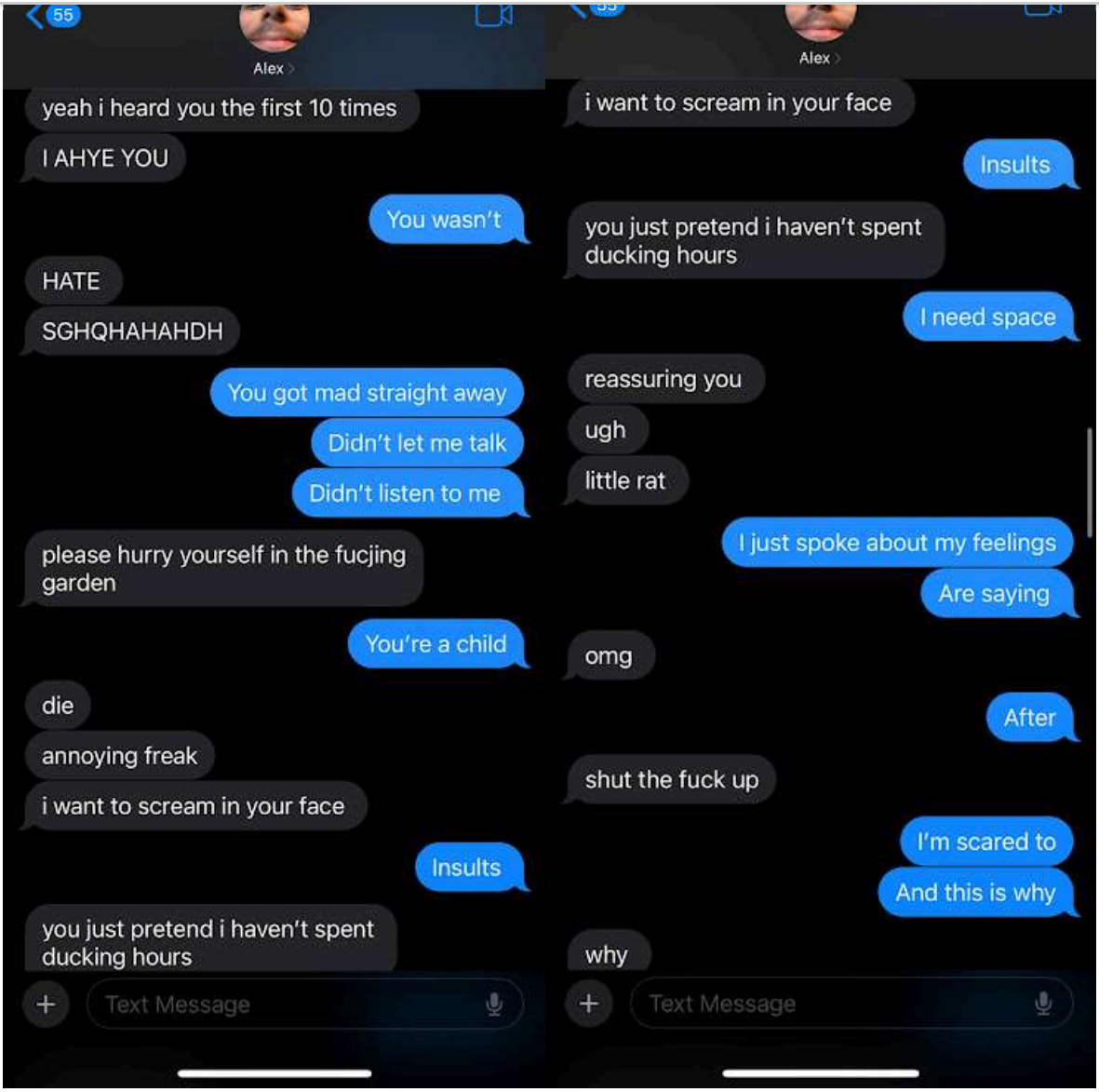
# Response - Read First



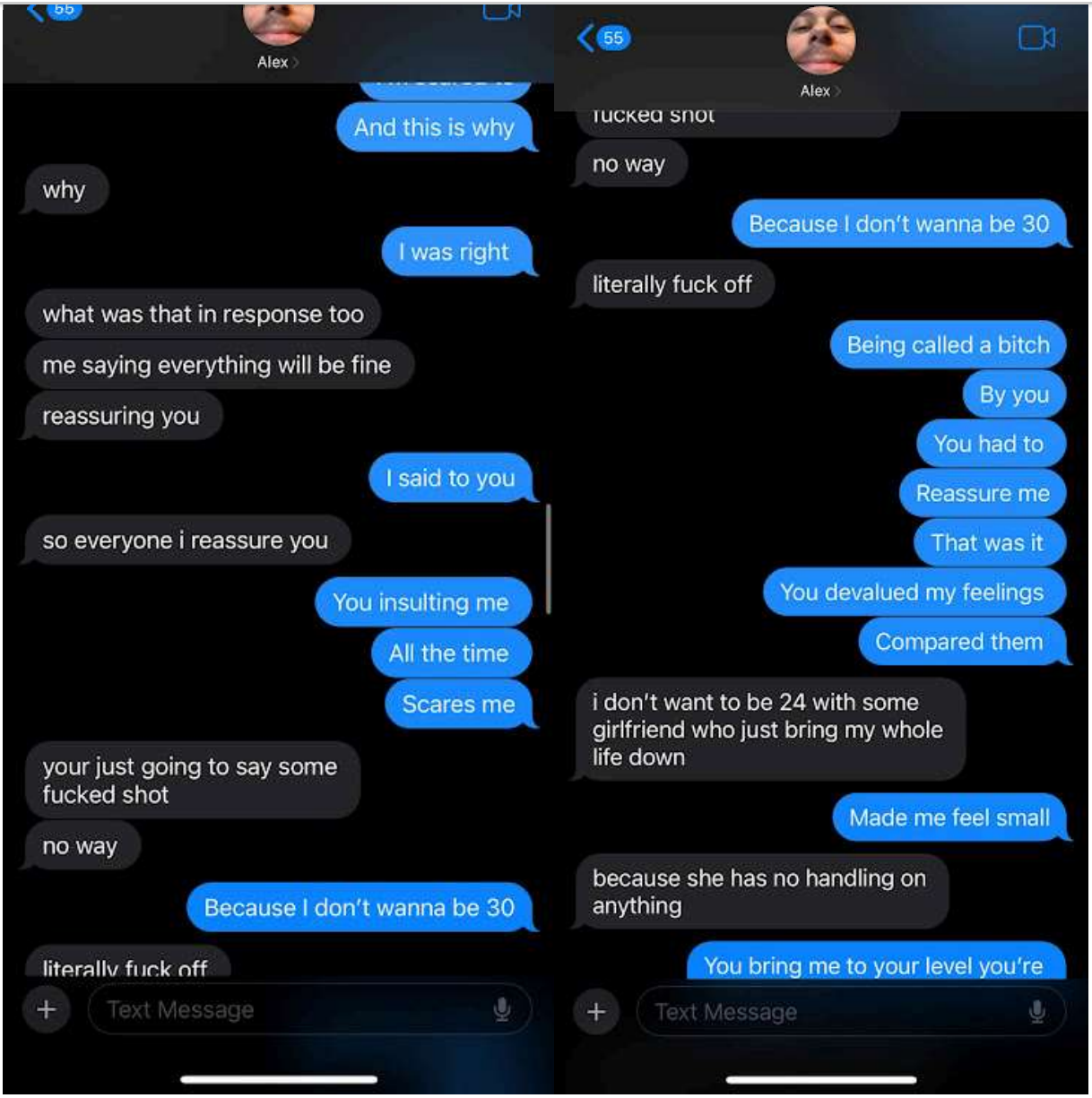
# Response - Read First


55
Alex
idc
can you sort your fucning head out
you're a huge moaning cunt
i had to get up today and move all my plans
push my videos back
Stop moaning
to accommodate you
offer to bring you a headset
Sort your head out
and then you start going on about how your scared to move
just die in a fucking hole
With you
A cunt
you sad little cunt
Text Message
55
Alex
offer to bring you a headset
Sort your head out
and then you start going on about how your scared to move
just die in a fucking hole
With you
A cunt
you sad little cunt
Who does this
Will do
You had to reassure me
oooo my feelings
That it will be okay
yeah i heard you the first 10 times
I AHYE YOU
You wasn't
Text Message

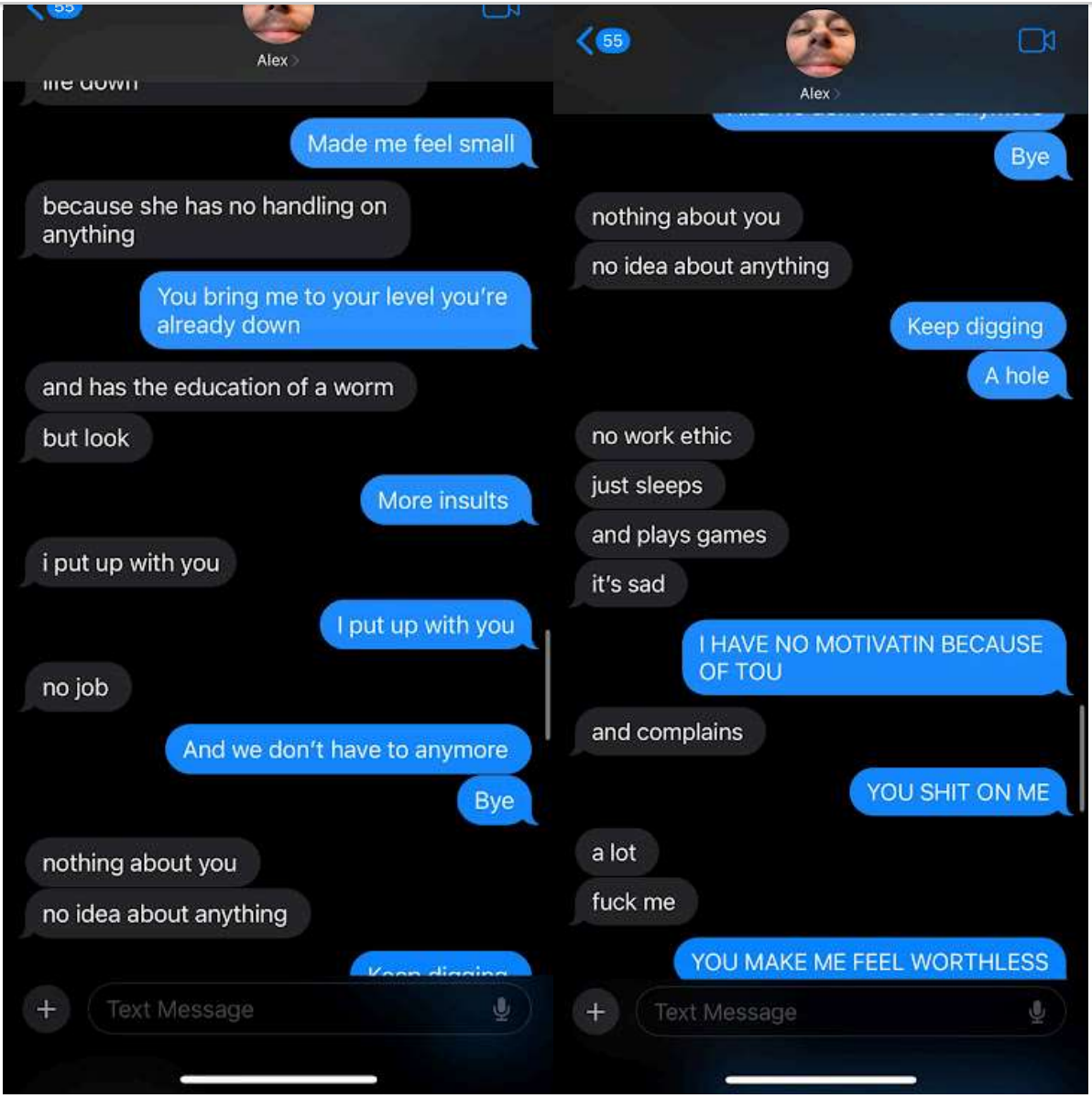
# Response - Read First



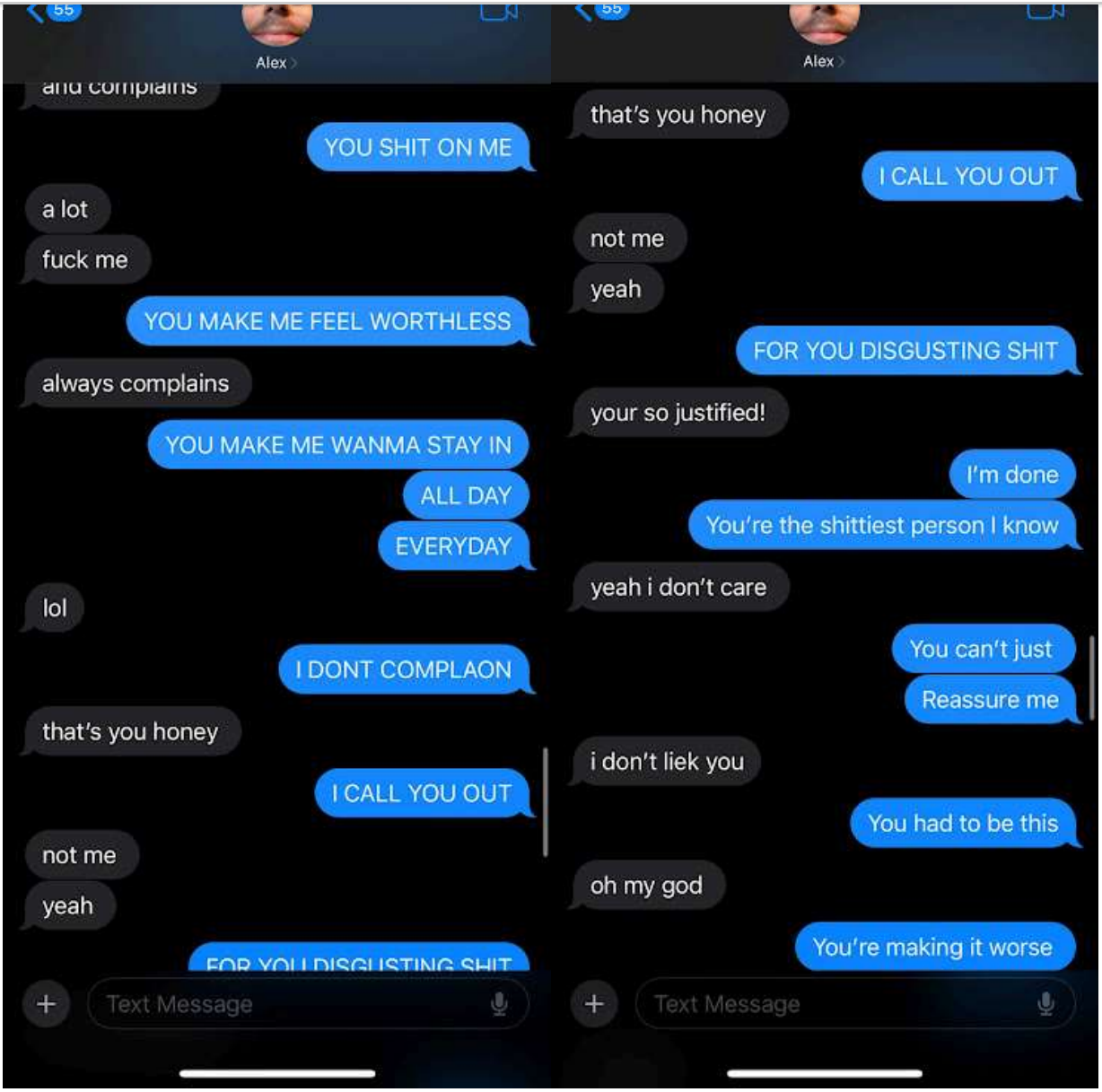
# Response - Read First



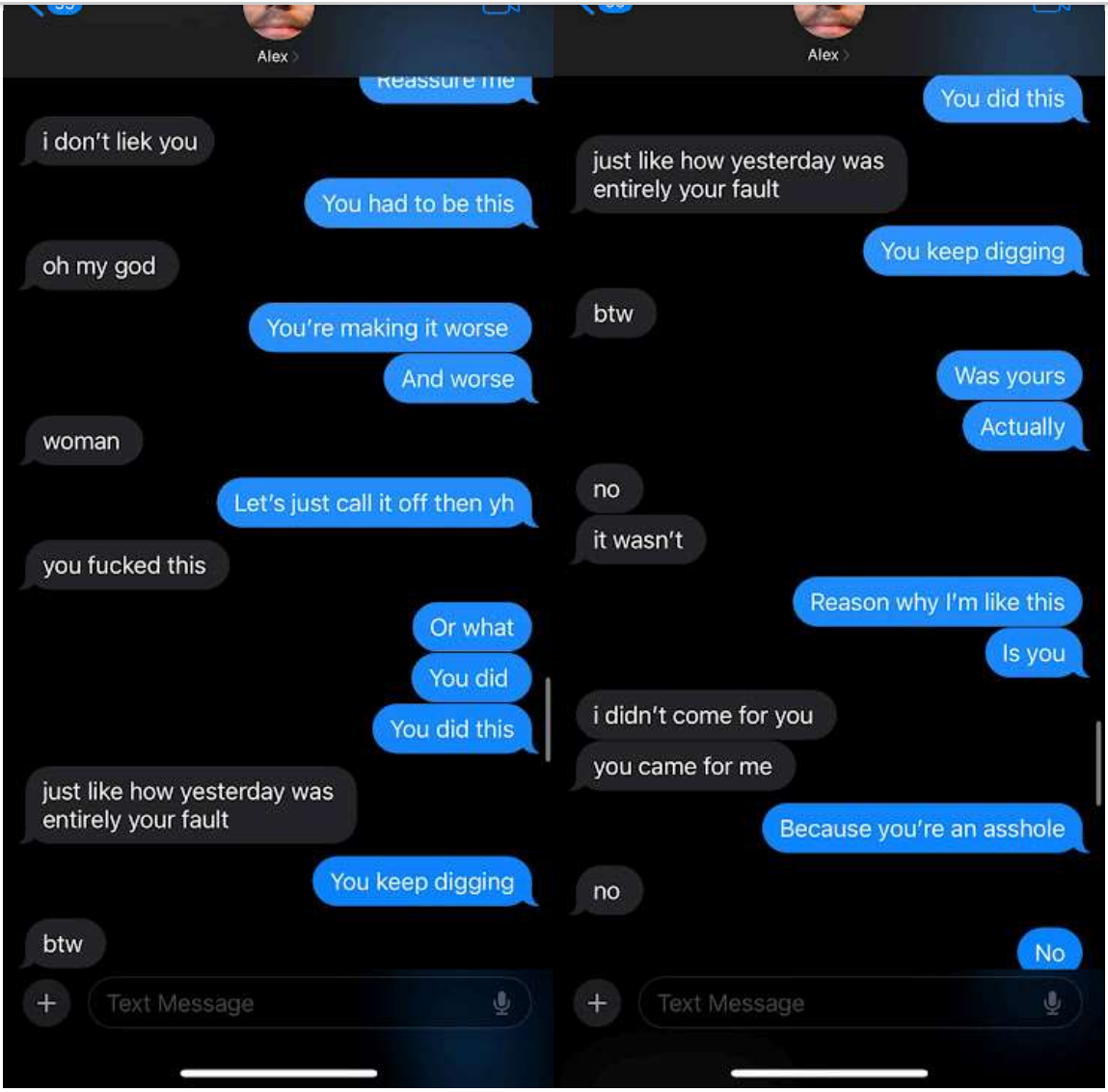
# Response - Read First



# Response - Read First



# Response - Read First



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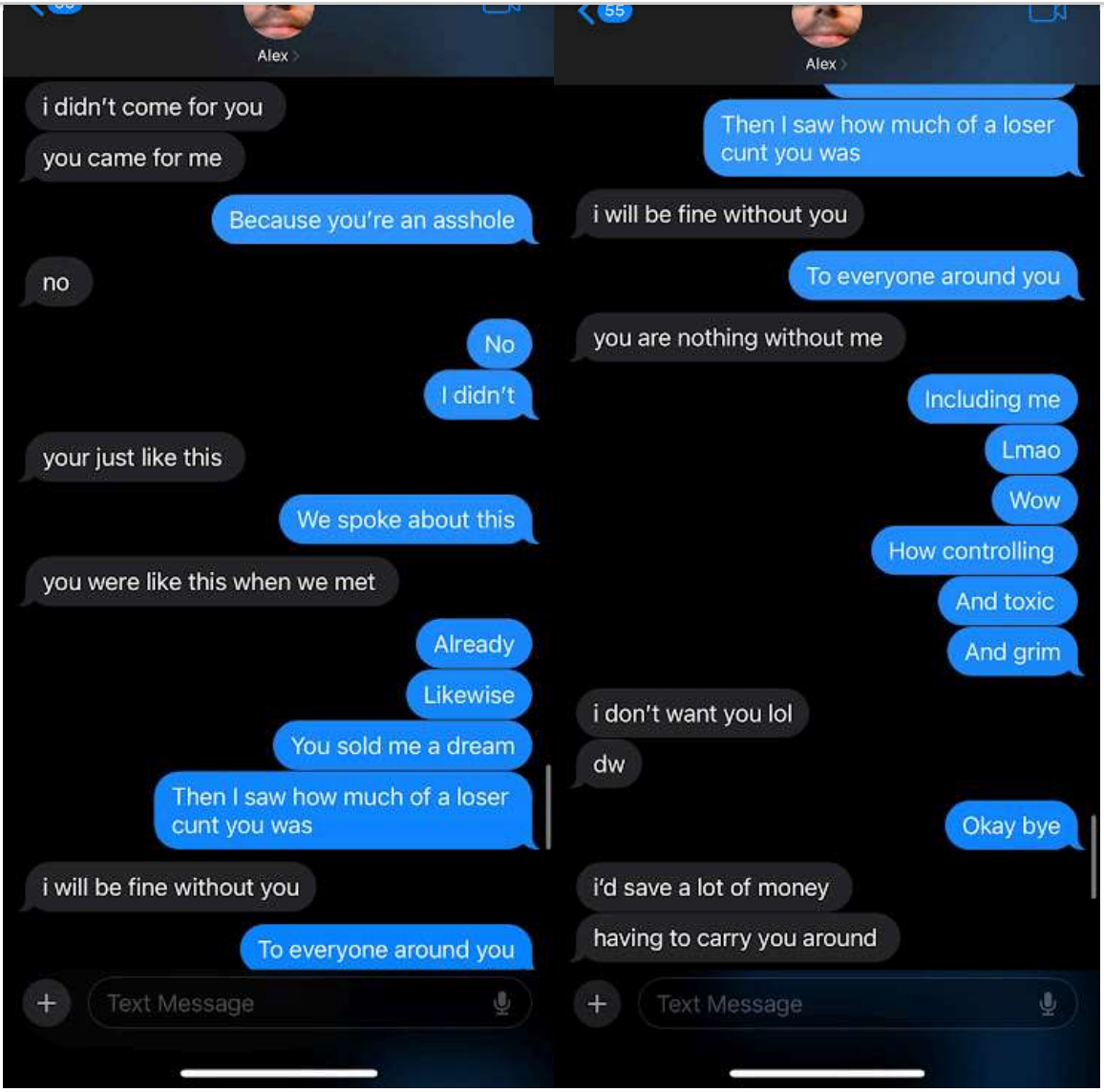

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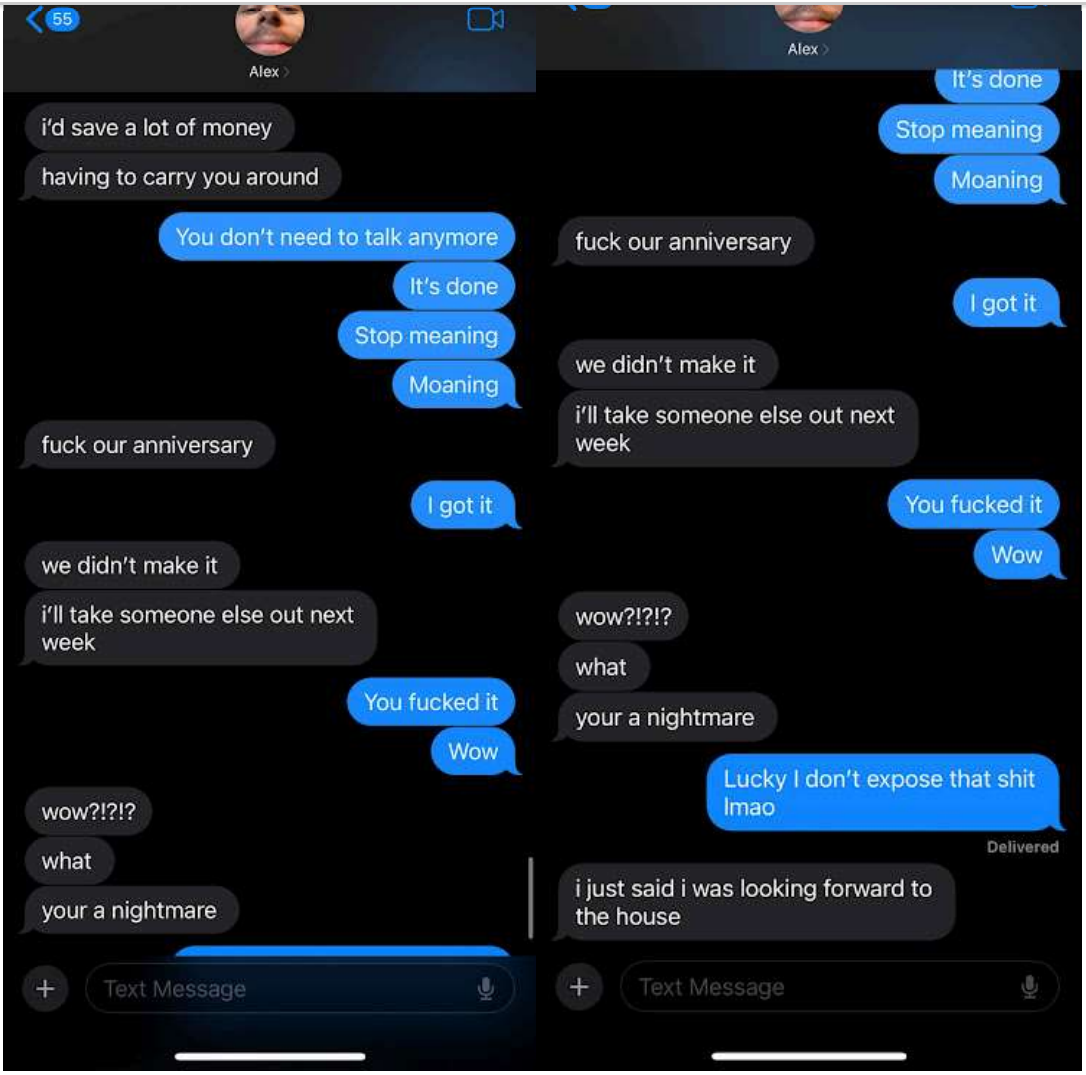

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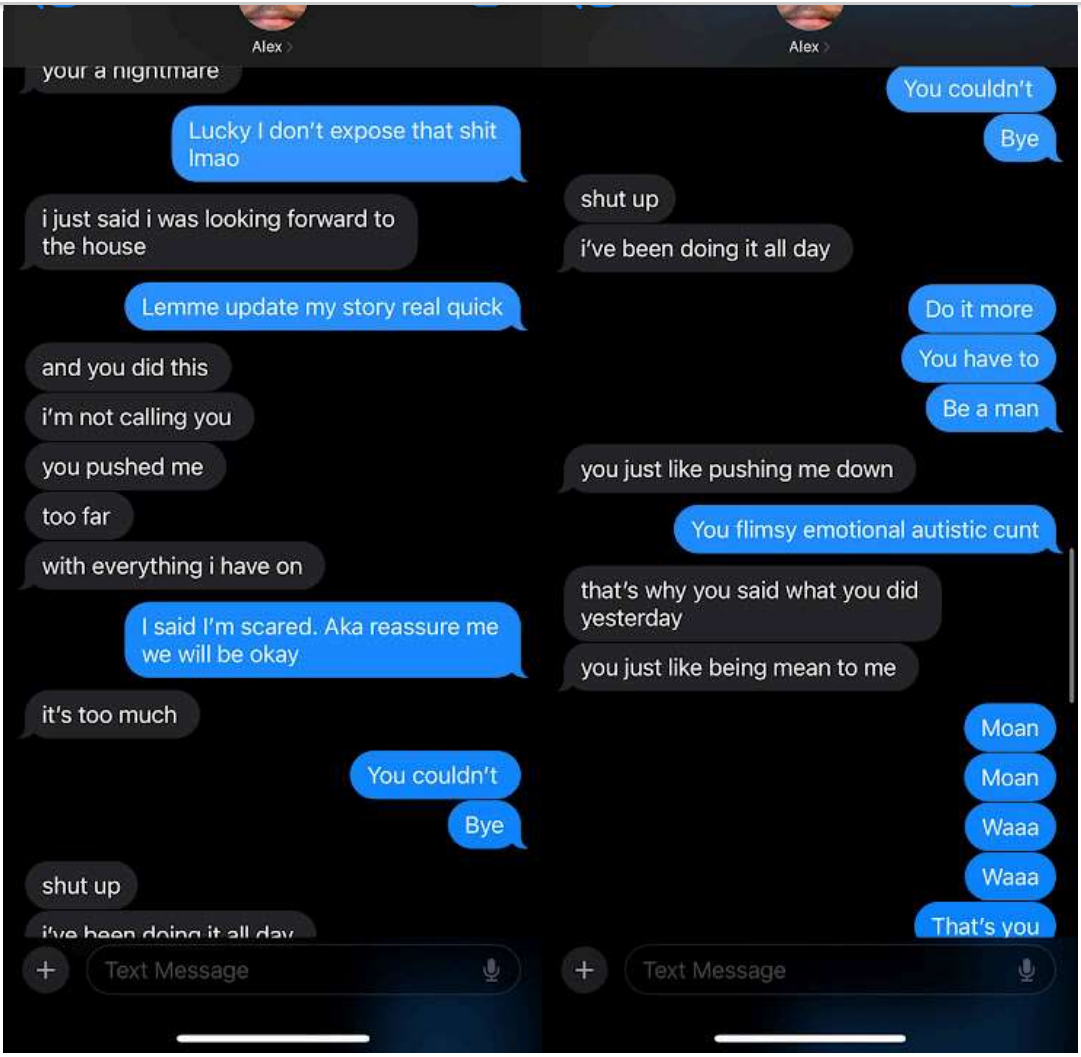

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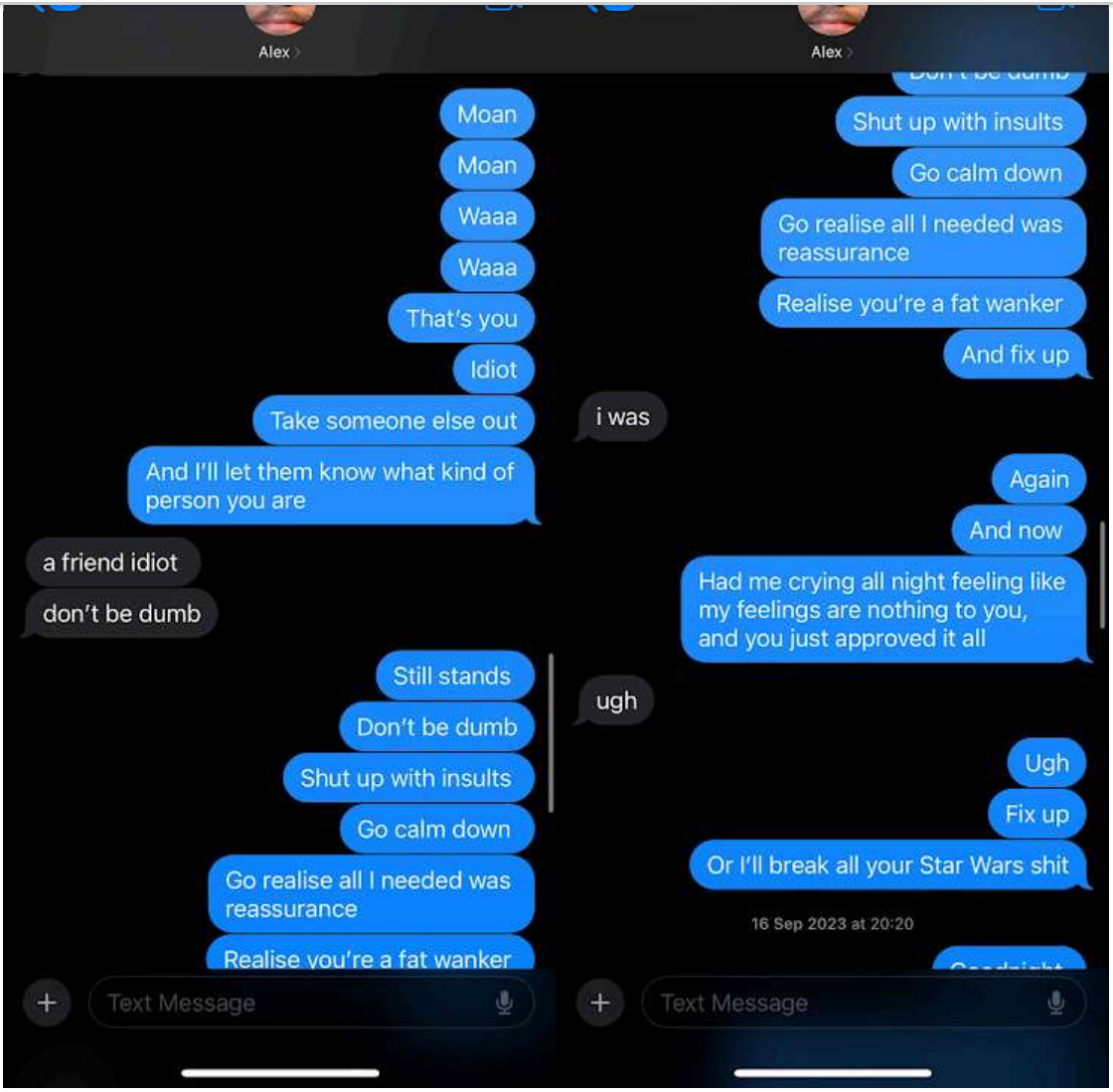
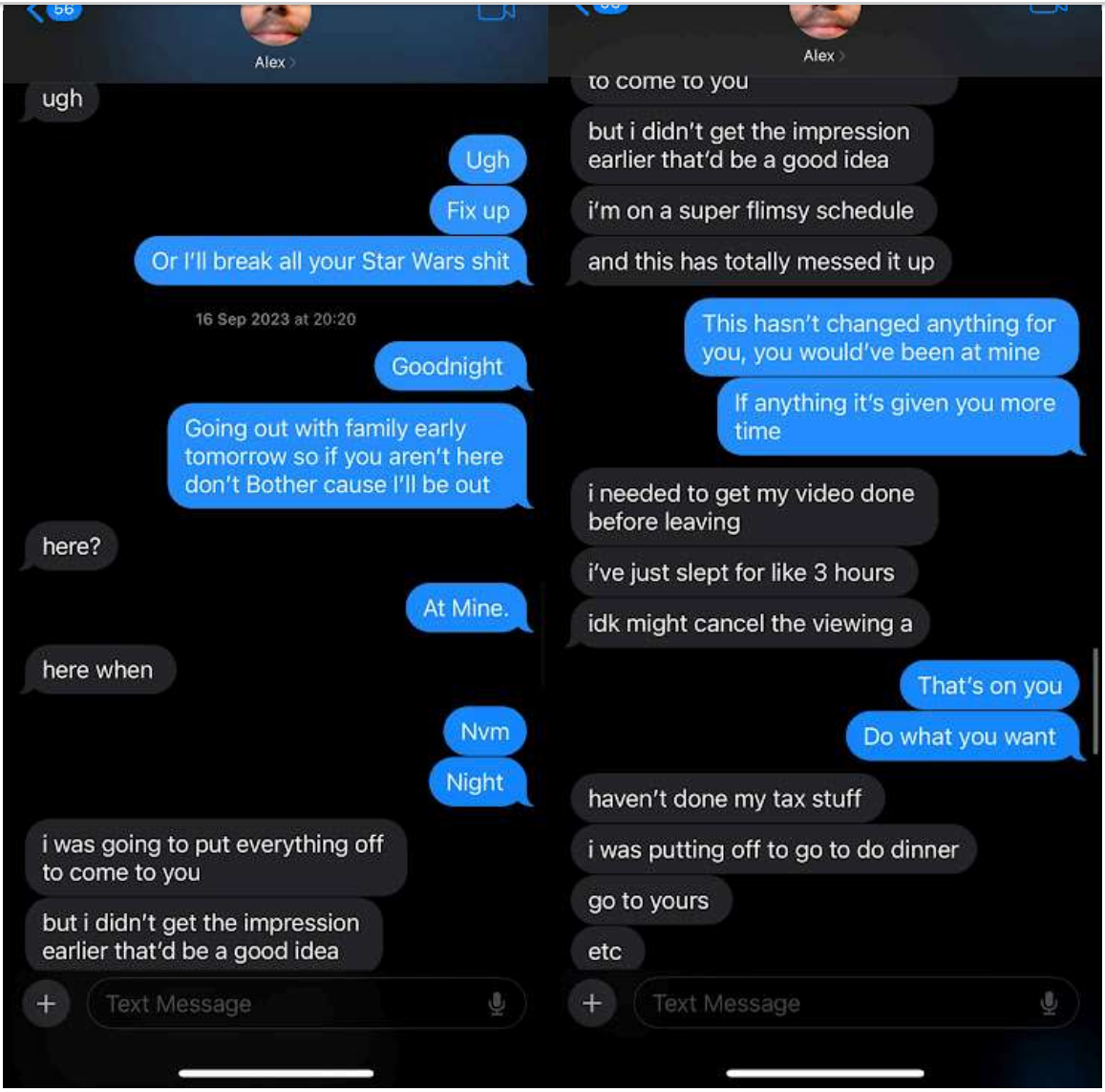
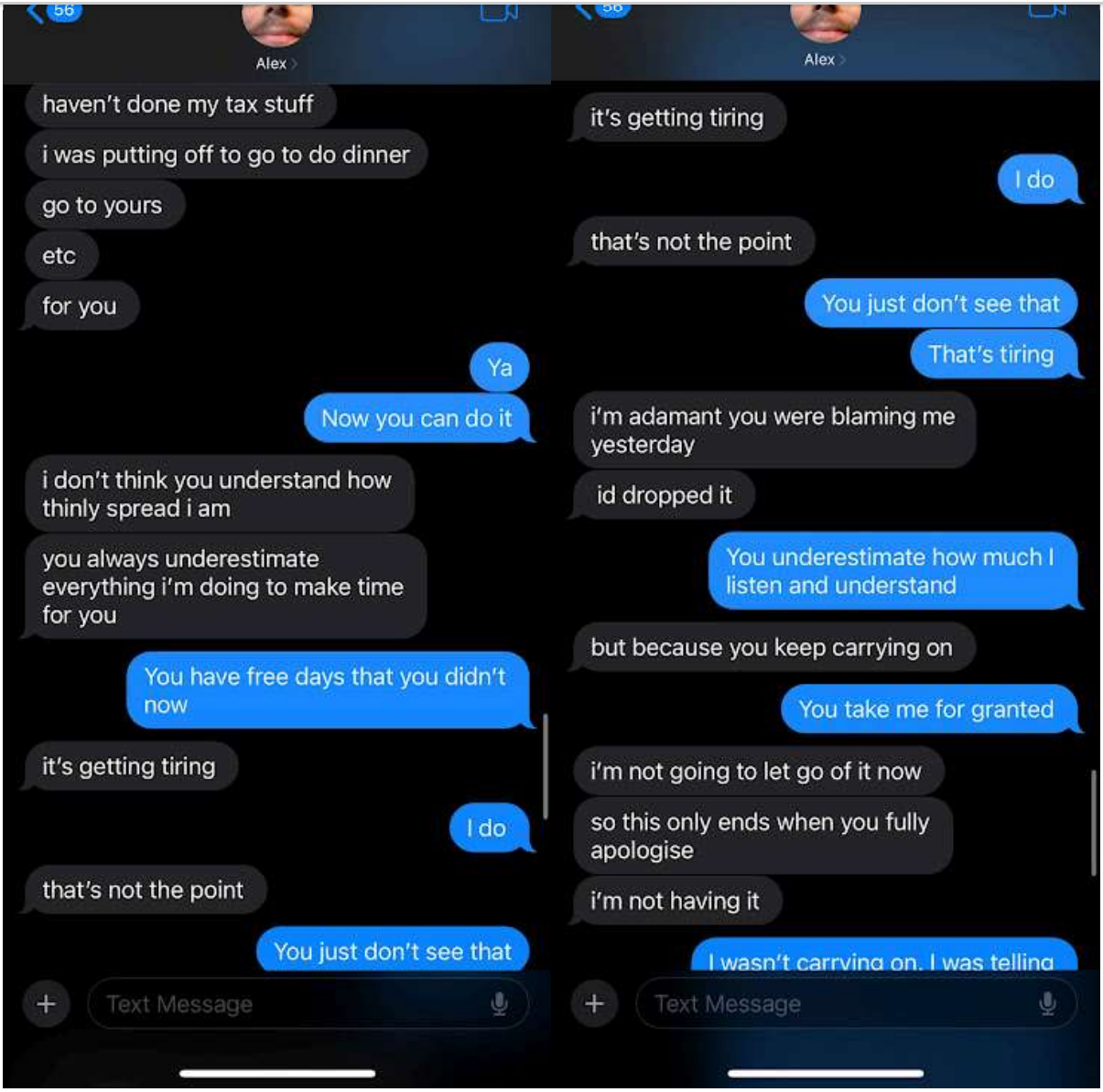


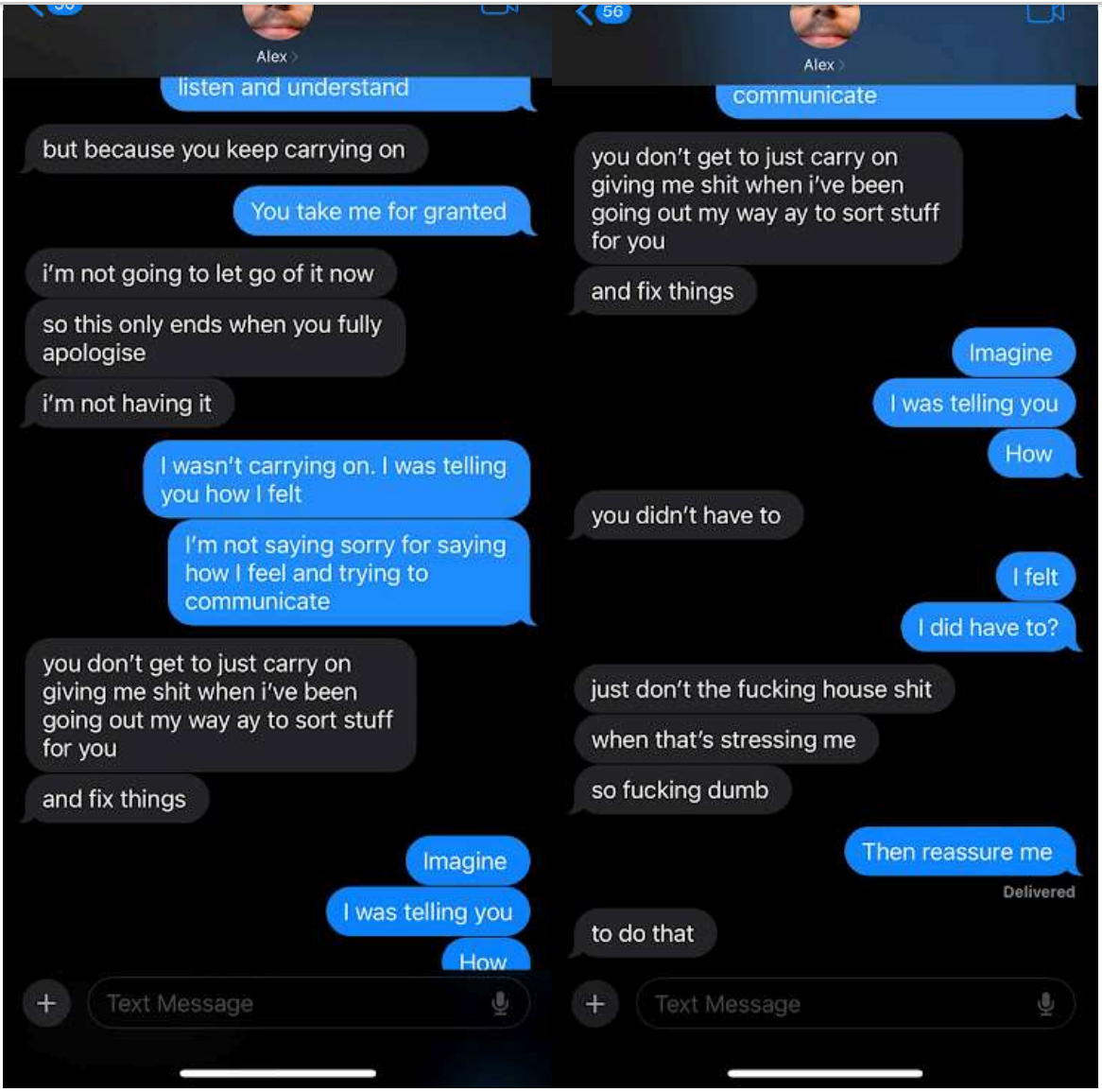
# Response - Read First


Alex
ugh
Ugh
Fix up
Or I'll break all your Star Wars shit
16 Sep 2023 at 20:20
Goodnight
Going out with family early tomorrow so if you aren't here don't Bother cause I'll be out
here?
At Mine.
here when
Nvm
Night
i was going to put everything off to come to you
but i didn't get the impression earlier that'd be a good idea
Text Message
Alex
to come to you
but i didn't get the impression earlier that'd be a good idea
i'm on a super flimsy schedule
and this has totally messed it up
This hasn't changed anything for you, you would've been at mine
If anything it's given you more time
i needed to get my video done before leaving
i've just slept for like 3 hours
idk might cancel the viewing a
That's on you
Do what you want
haven't done my tax stuff
i was putting off to go to do dinner
go to yours
etc
Text Message

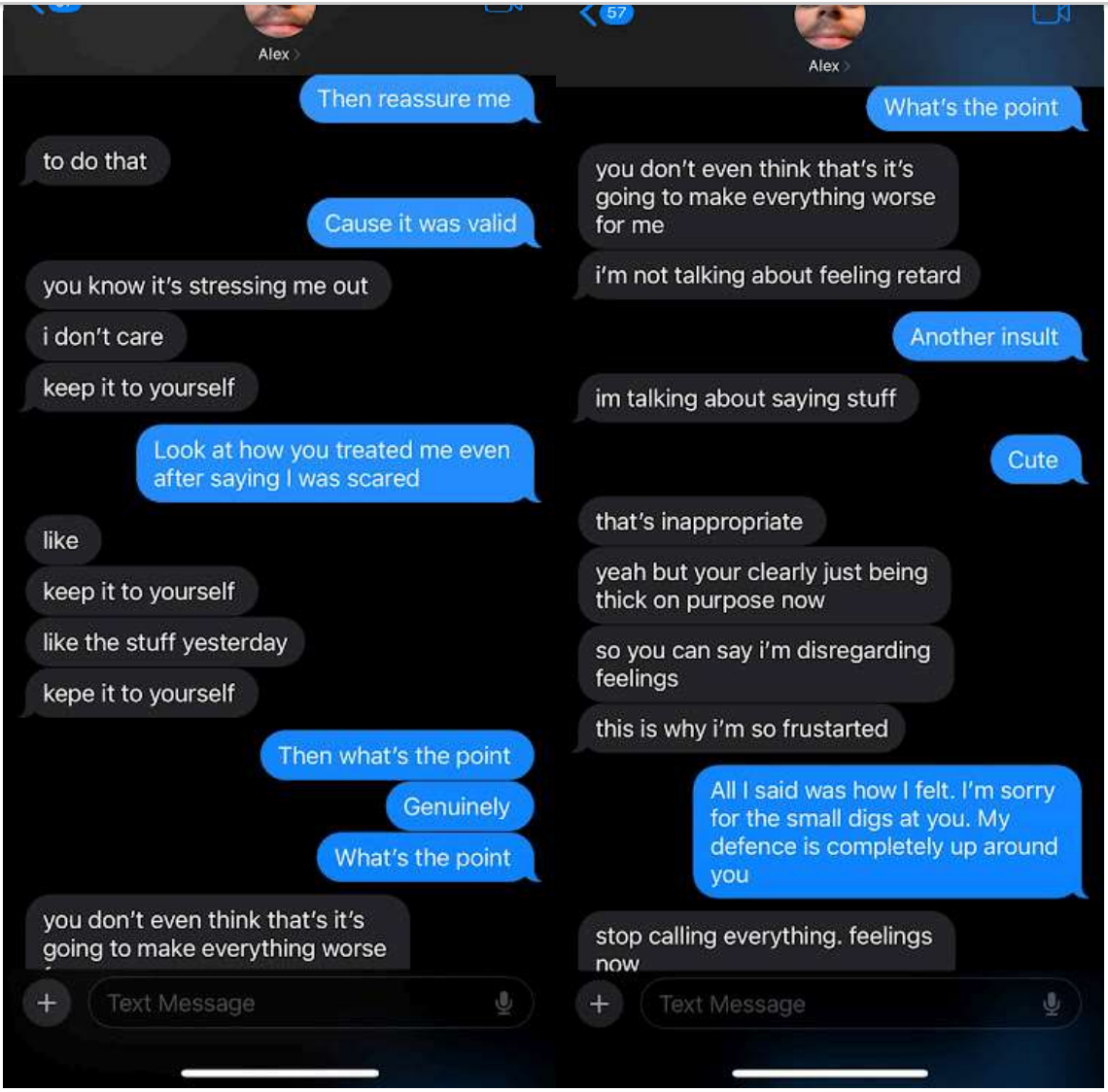
# Response - Read First


56
Alex
haven't done my tax stuff
i was putting off to go to do dinner
go to yours
etc
for you
Ya
Now you can do it
i don't think you understand how thinly spread i am
you always underestimate everything i'm doing to make time for you
You have free days that you didn't now
it's getting tiring
I do
that's not the point
You just don't see that
Text Message
56
Alex
it's getting tiring
I do
that's not the point
You just don't see that
That's tiring
i'm adamant you were blaming me yesterday
id dropped it
You underestimate how much I listen and understand
but because you keep carrying on
You take me for granted
i'm not going to let go of it now
so this only ends when you fully apologise
i'm not having it
I wasn't carrying on. I was telling
Text Message

# Response - Read First

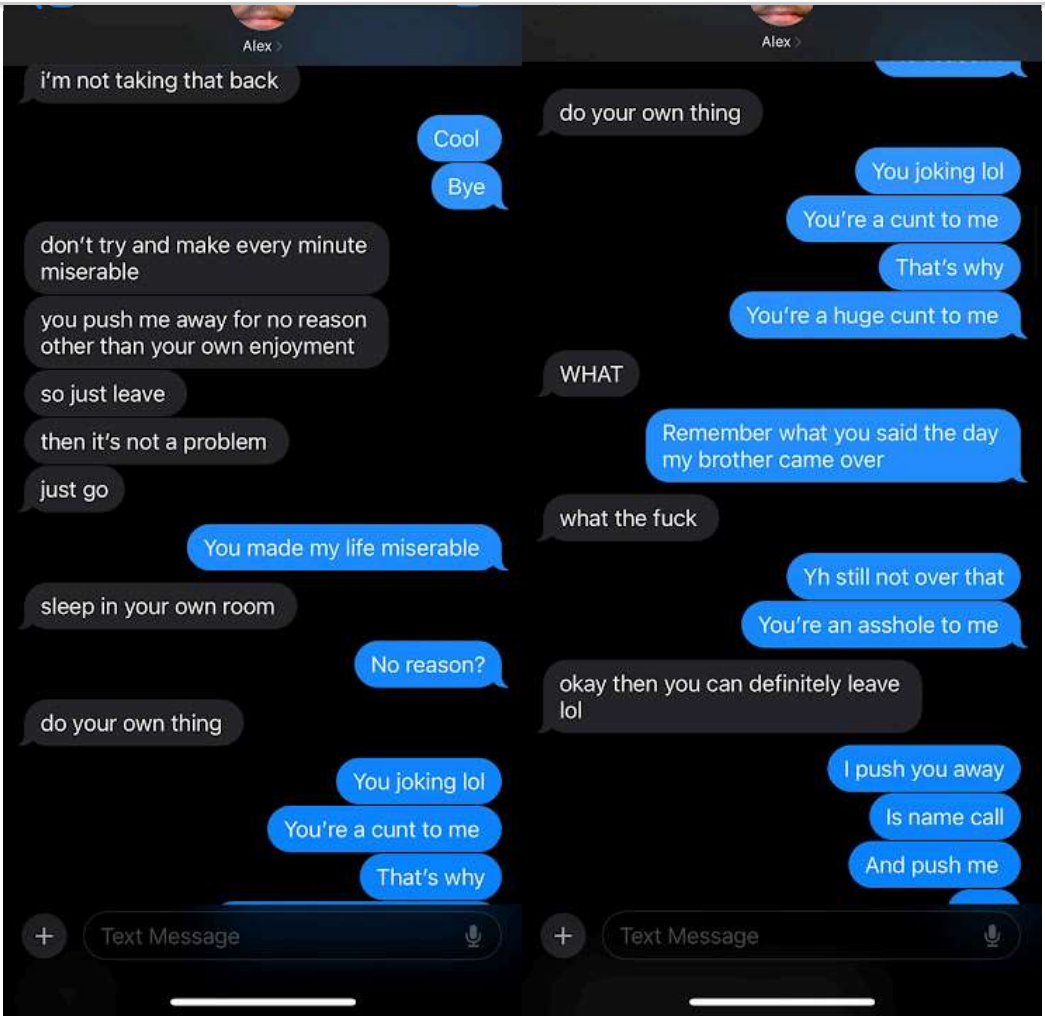

Alex
listen and understand
but because you keep carrying on
You take me for granted
i'm not going to let go of it now
so this only ends when you fully apologise
i'm not having it
I wasn't carrying on. I was telling you how I felt
I'm not saying sorry for saying how I feel and trying to communicate
you don't get to just carry on giving me shit when i've been going out my way ay to sort stuff for you
and fix things
Imagine
I was telling you
How
Text Message
56
Alex
communicate
you don't get to just carry on giving me shit when i've been going out my way ay to sort stuff for you
and fix things
Imagine
I was telling you
How
you didn't have to
I felt
I did have to?
just don't the fucking house shit
when that's stressing me
so fucking dumb
Then reassure me
Delivered
to do that
Text Message

# Response - Read First

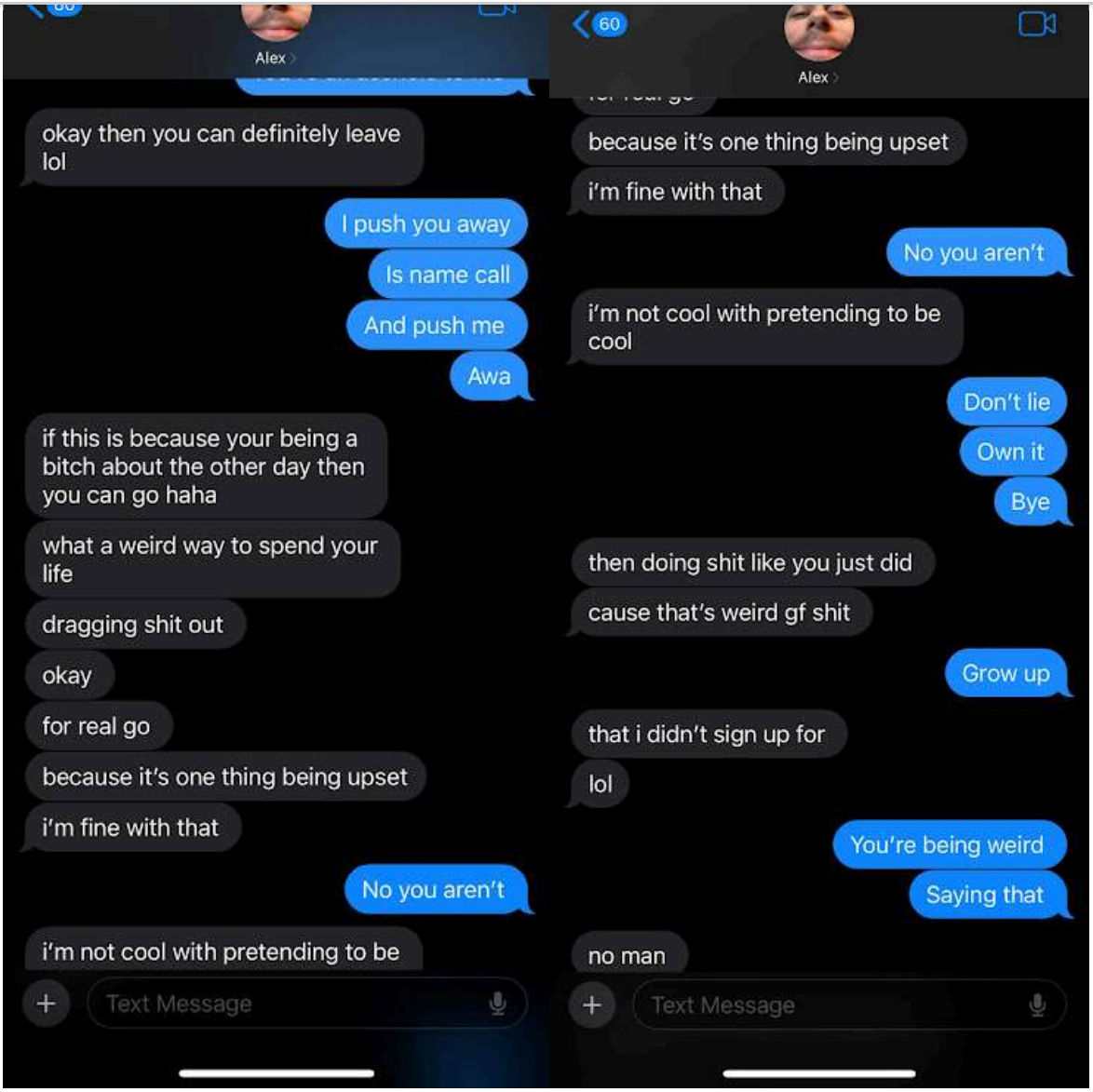

Alex
Then reassure me
to do that
Cause it was valid
you know it's stressing me out
i don't care
keep it to yourself
Look at how you treated me even after saying I was scared
like
keep it to yourself
like the stuff yesterday
kepe it to yourself
Then what's the point
Genuinely
What's the point
you don't even think that's it's going to make everything worse
Text Message
57
Alex
What's the point
you don't even think that's it's going to make everything worse for me
i'm not talking about feeling retard
Another insult
im talking about saying stuff
Cute
that's inappropriate
yeah but your clearly just being thick on purpose now
so you can say i'm disregarding feelings
this is why i'm so frustarted
All I said was how I felt. I'm sorry for the small digs at you. My defence is completely up around you
stop calling everything. feelings
now
Text Message

Going back to the accusations where he claims multiple times i “punched” him, here are the messages where he actually said i “tried” to hit him. And not once claims I “punched” him over the cat. The whole argument came about from me pushing him off me after saying strange things to my cat. I've said in my first statement I never found this funny, I feel uncomfortable having someone so mean around my cat after he threatened to break my cat's neck. This is why I didn't like him being around my cat.

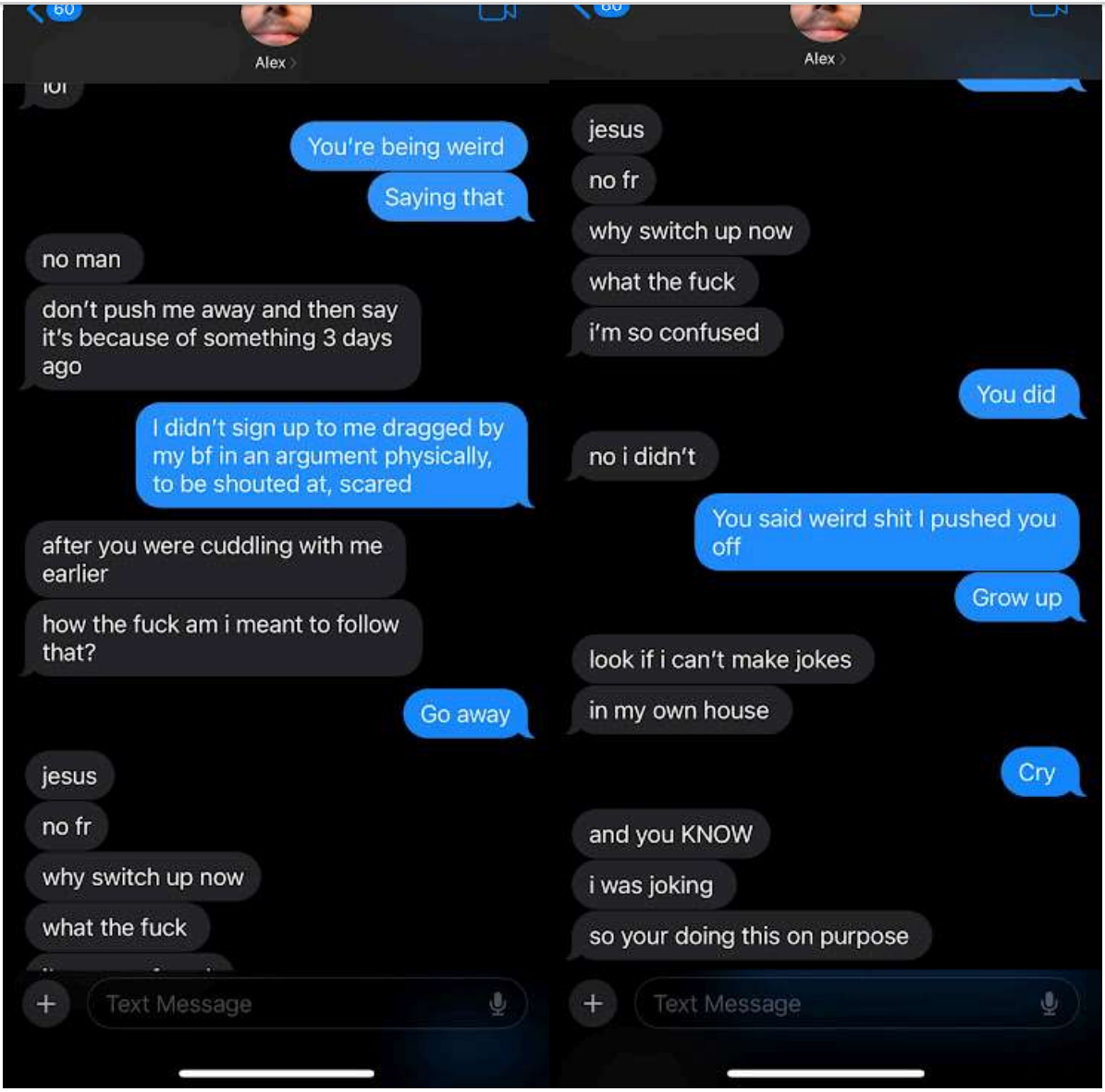
# Response - Read First



# Response - Read First

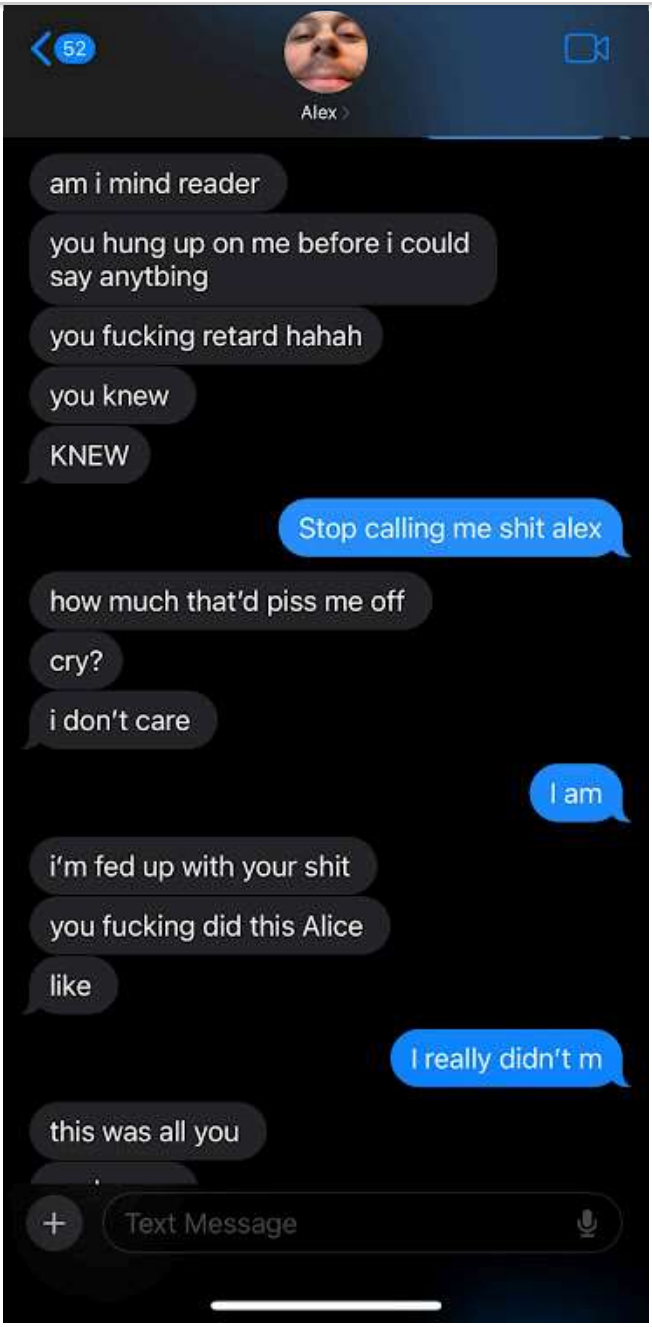


# Response - Read First

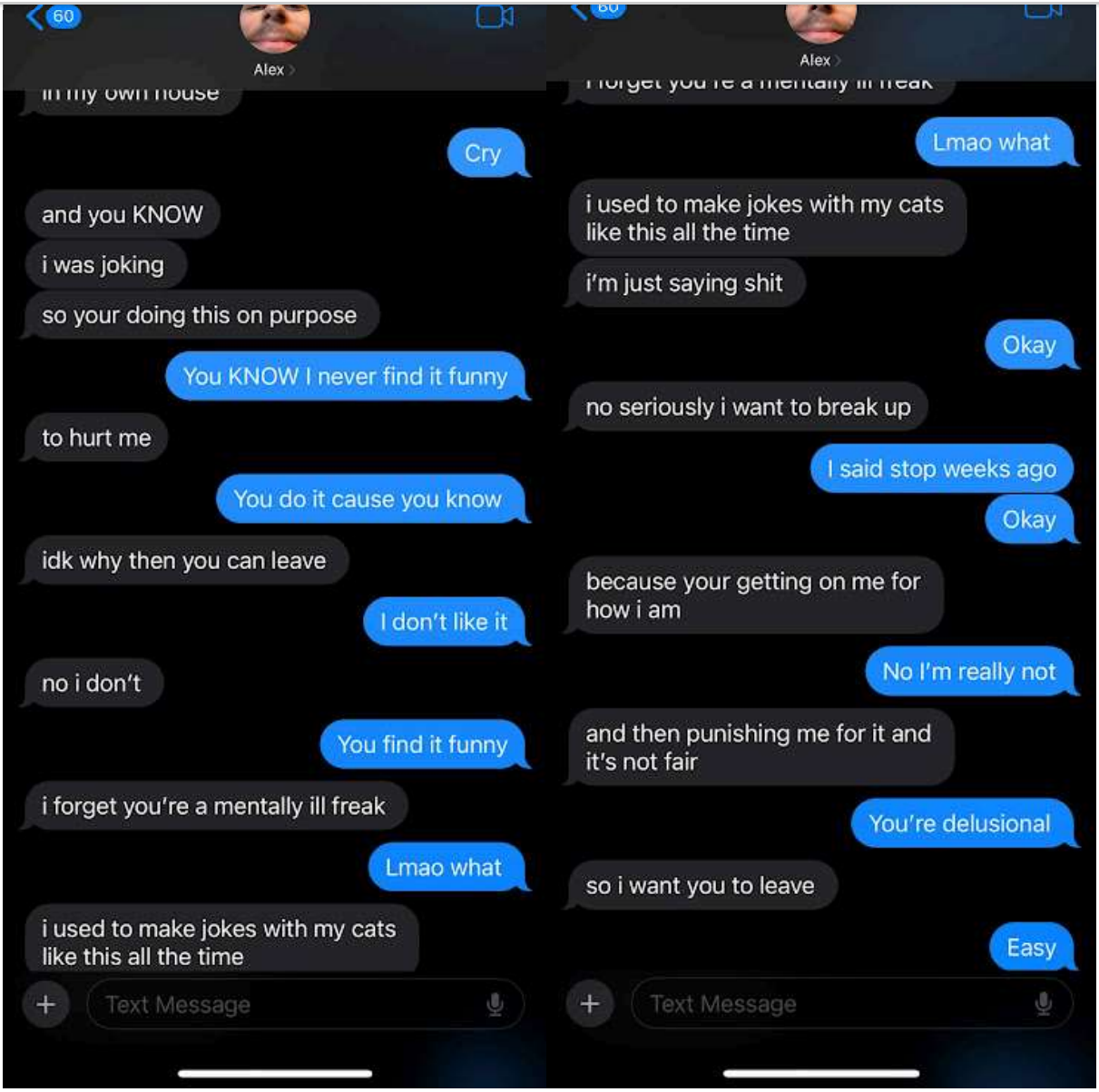

Alex
You're being weird
Saying that
no man
don't push me away and then say it's because of something 3 days ago
I didn't sign up to me dragged by my bf in an argument physically, to be shouted at, scared
after you were cuddling with me earlier
how the fuck am i meant to follow that?
Go away
jesus
no fr
why switch up now
what the fuck
Text Message
Alex
jesus
no fr
why switch up now
what the fuck
i'm so confused
You did
no i didn't
You said weird shit I pushed you off
Grow up
look if i can't make jokes
in my own house
Cry
and you KNOW
i was joking
so your doing this on purpose
Text Message

There's a “switch up” because he said odd things and it made me uncomfortable so I pushed him off me when he got in my face with my cat. I didn't “KNOW” he was joking, and I'm burnt out.

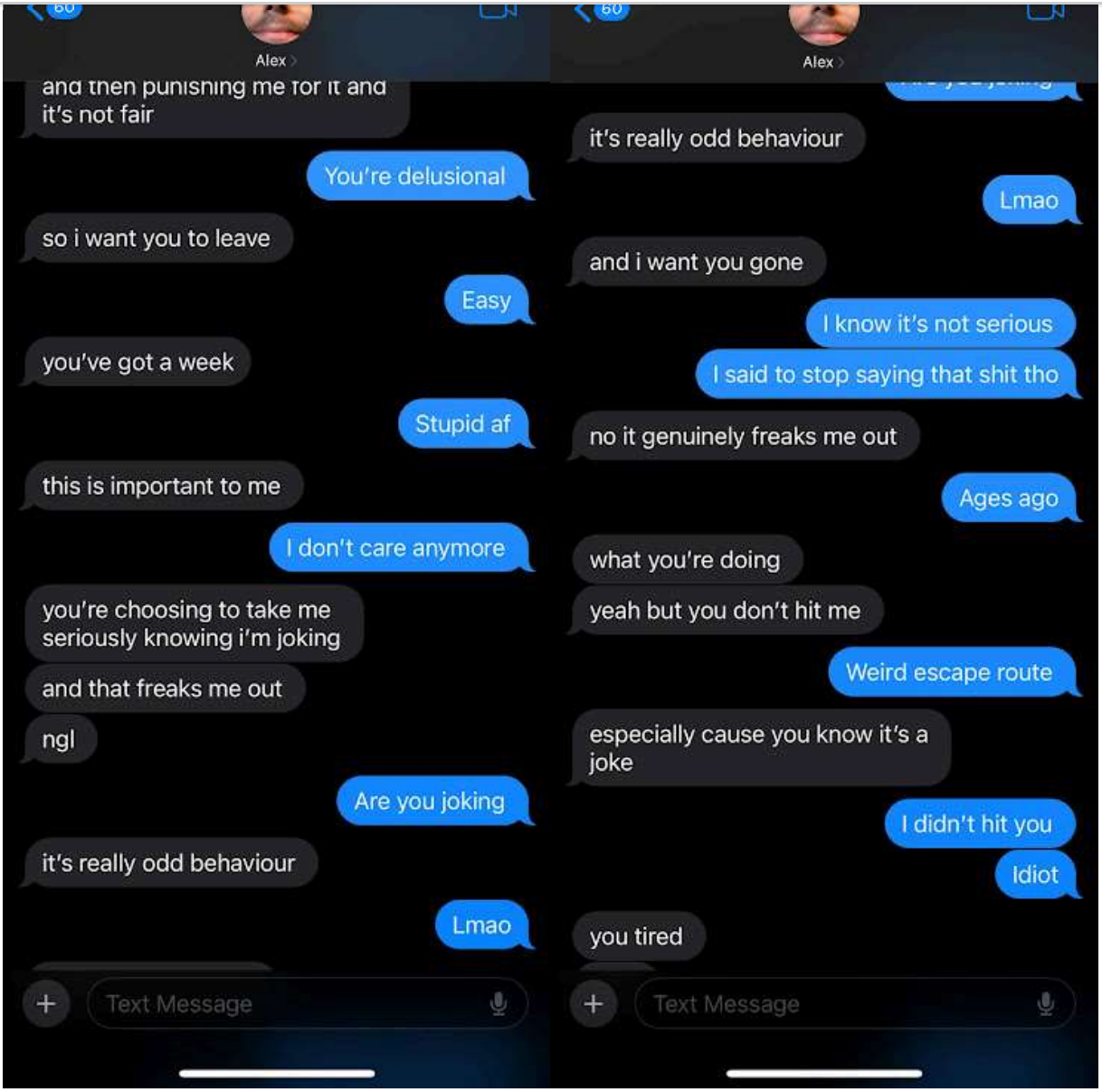
# Response - Read First



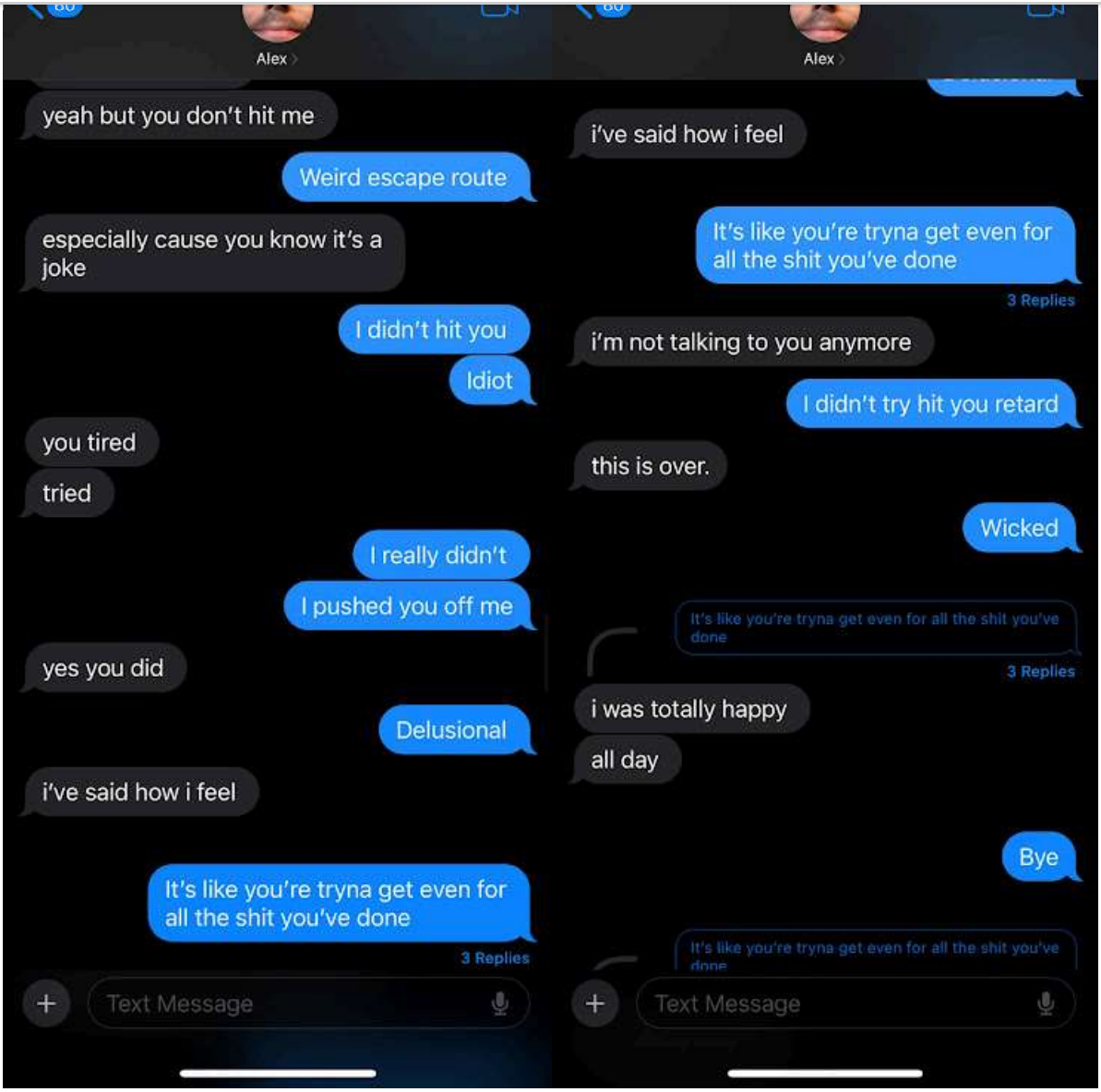
# Response - Read First


60
Alex
in my own house
Cry
and you KNOW
i was joking
so your doing this on purpose
You KNOW I never find it funny
to hurt me
You do it cause you know
idk why then you can leave
I don't like it
no i don't
You find it funny
i forget you're a mentally ill freak
Lmao what
i used to make jokes with my cats like this all the time
Text Message
Alex
Lmao what
i used to make jokes with my cats like this all the time
i'm just saying shit
Okay
no seriously i want to break up
I said stop weeks ago
Okay
because your getting on me for how i am
No I'm really not
and then punishing me for it and it's not fair
You're delusional
so i want you to leave
Easy
Text Message

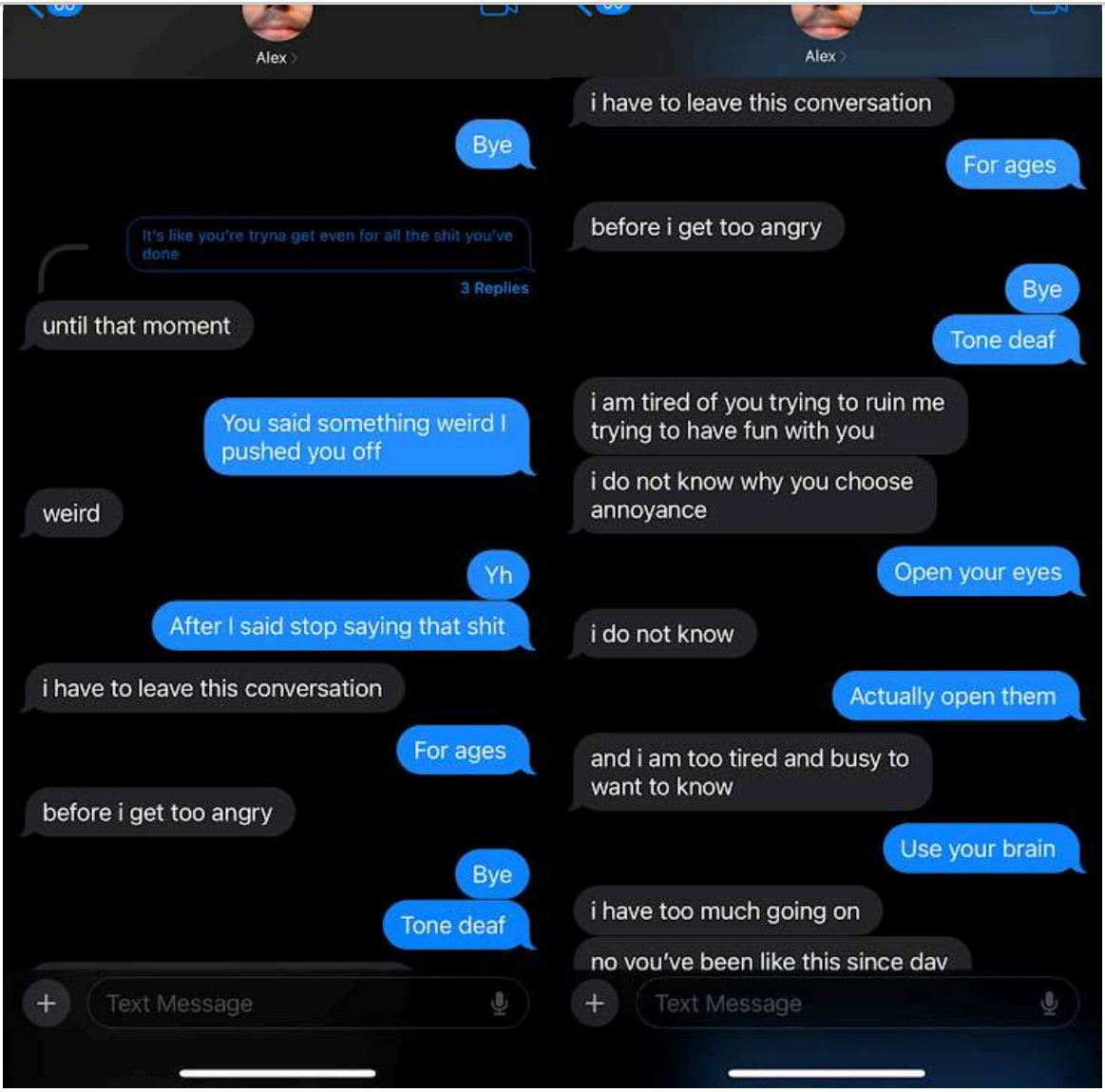
# Response - Read First



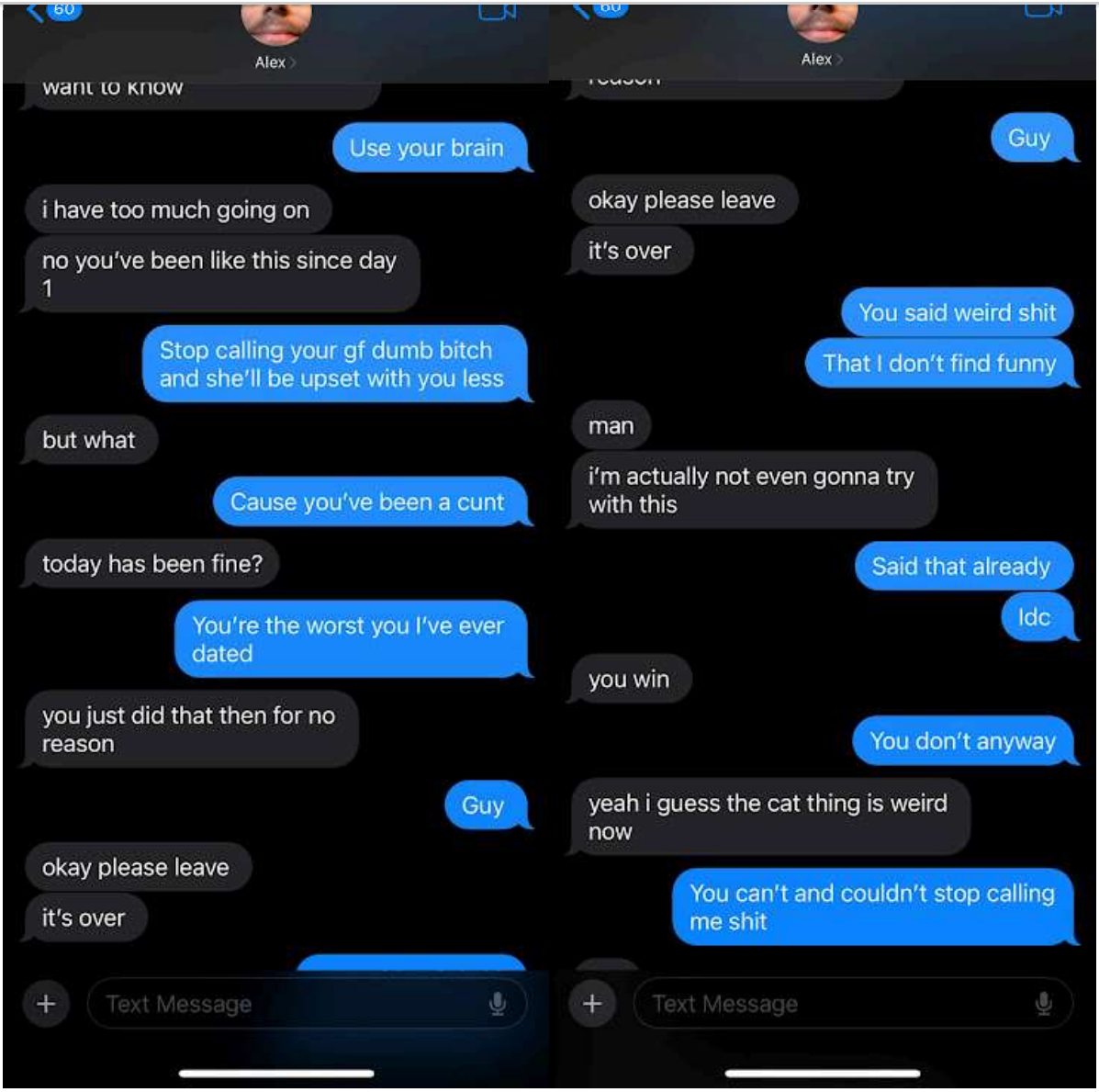
# Response - Read First



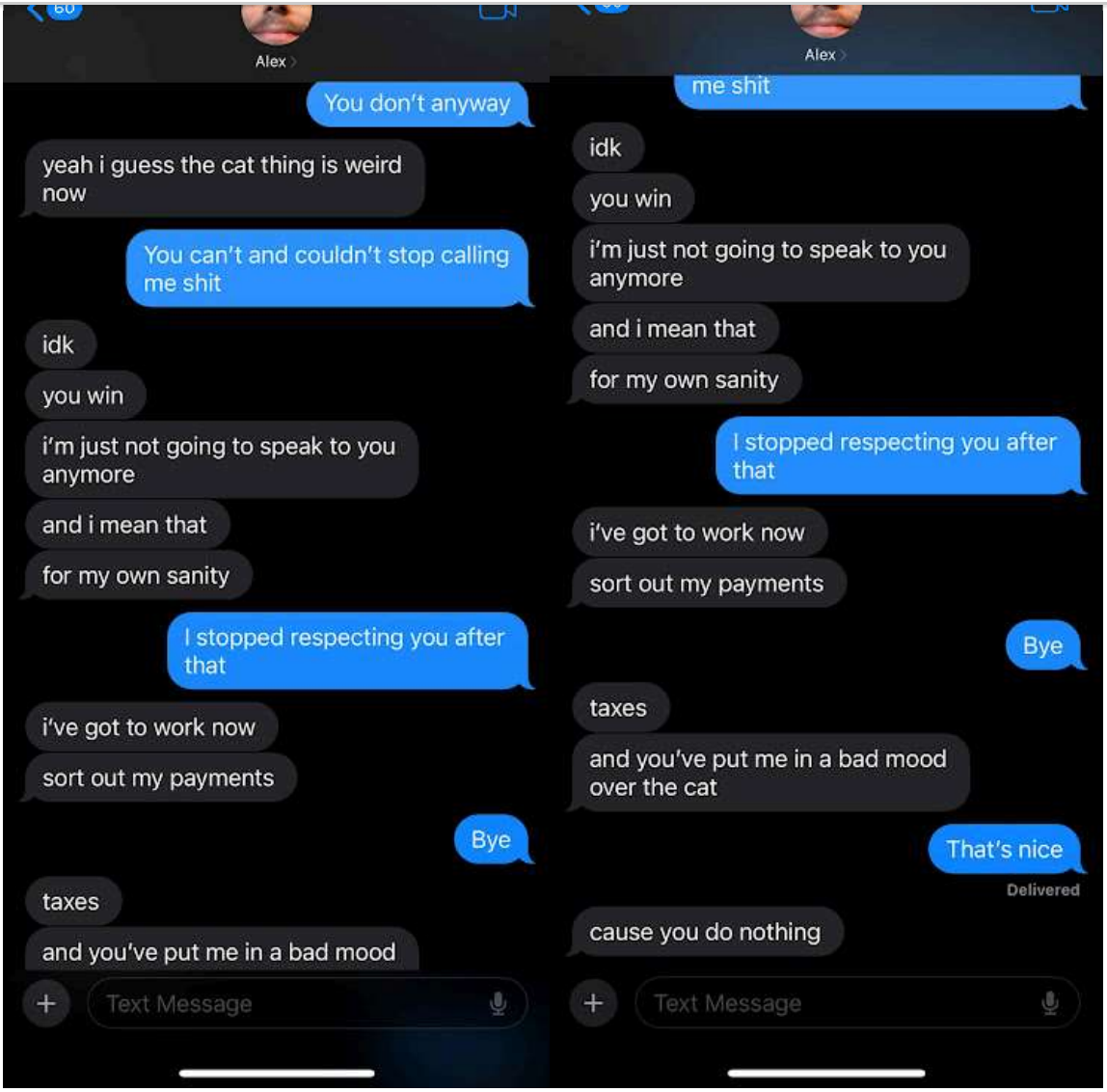
# Response - Read First


Alex
Bye
It's like you're tryna get even for all the shit you've done
3 Replies
until that moment
You said something weird I pushed you off
weird
Yh
After I said stop saying that shit
i have to leave this conversation
For ages
before i get too angry
Bye
Tone deaf
Text Message
Alex
i have to leave this conversation
For ages
before i get too angry
Bye
Tone deaf
i am tired of you trying to ruin me trying to have fun with you
i do not know why you choose annoyance
Open your eyes
i do not know
Actually open them
and i am too tired and busy to want to know
Use your brain
i have too much going on
no you've been like this since dav
Text Message

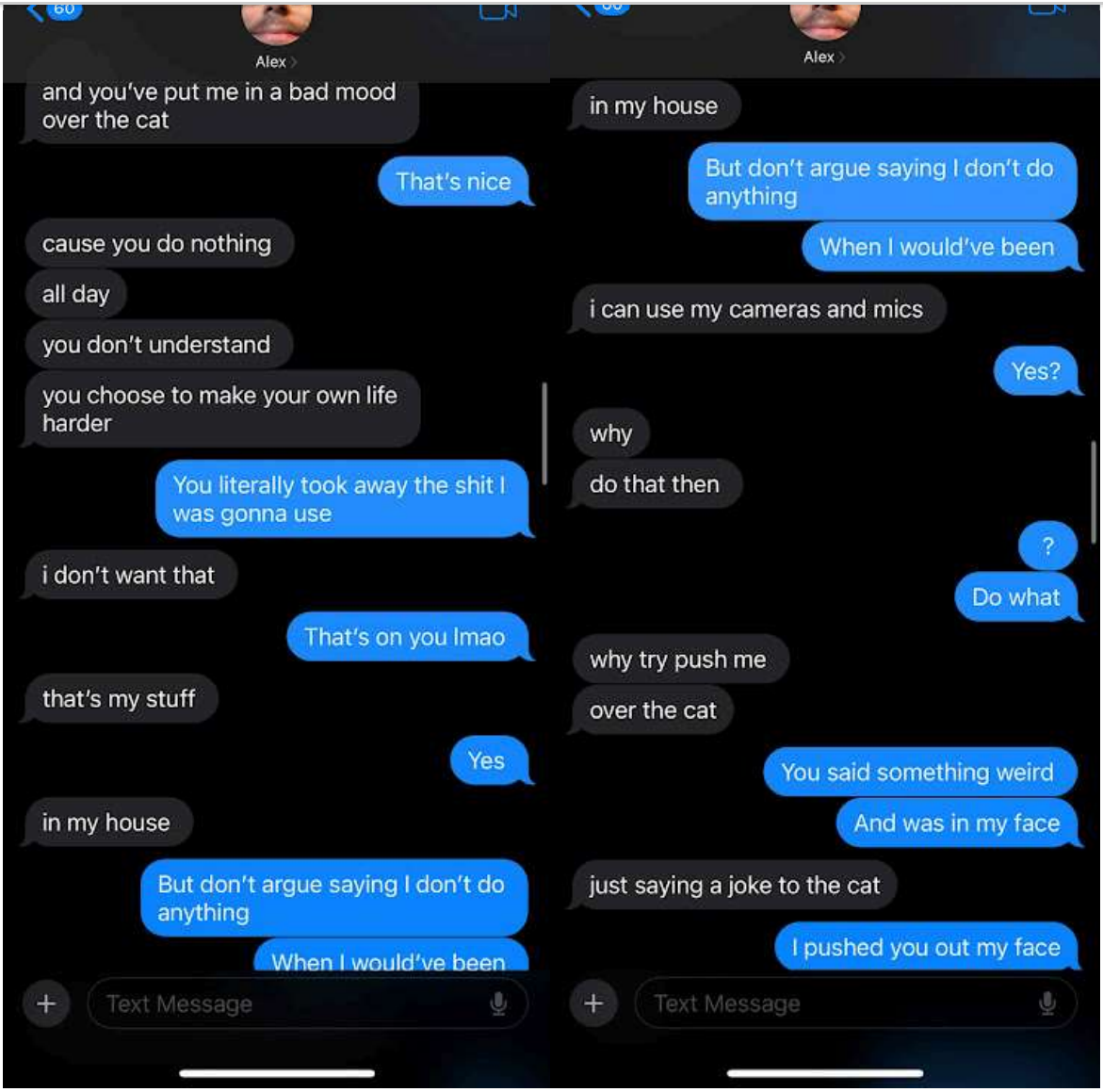
# Response - Read First


Alex
want to know
Use your brain
i have too much going on
no you've been like this since day 1
Stop calling your gf dumb bitch and she'll be upset with you less
but what
Cause you've been a cunt
today has been fine?
You're the worst you I've ever dated
you just did that then for no reason
Guy
okay please leave
it's over
Text Message
Alex
Guy
okay please leave
it's over
You said weird shit
That I don't find funny
man
i'm actually not even gonna try with this
Said that already
Idc
you win
You don't anyway
yeah i guess the cat thing is weird now
You can't and couldn't stop calling me shit
Text Message

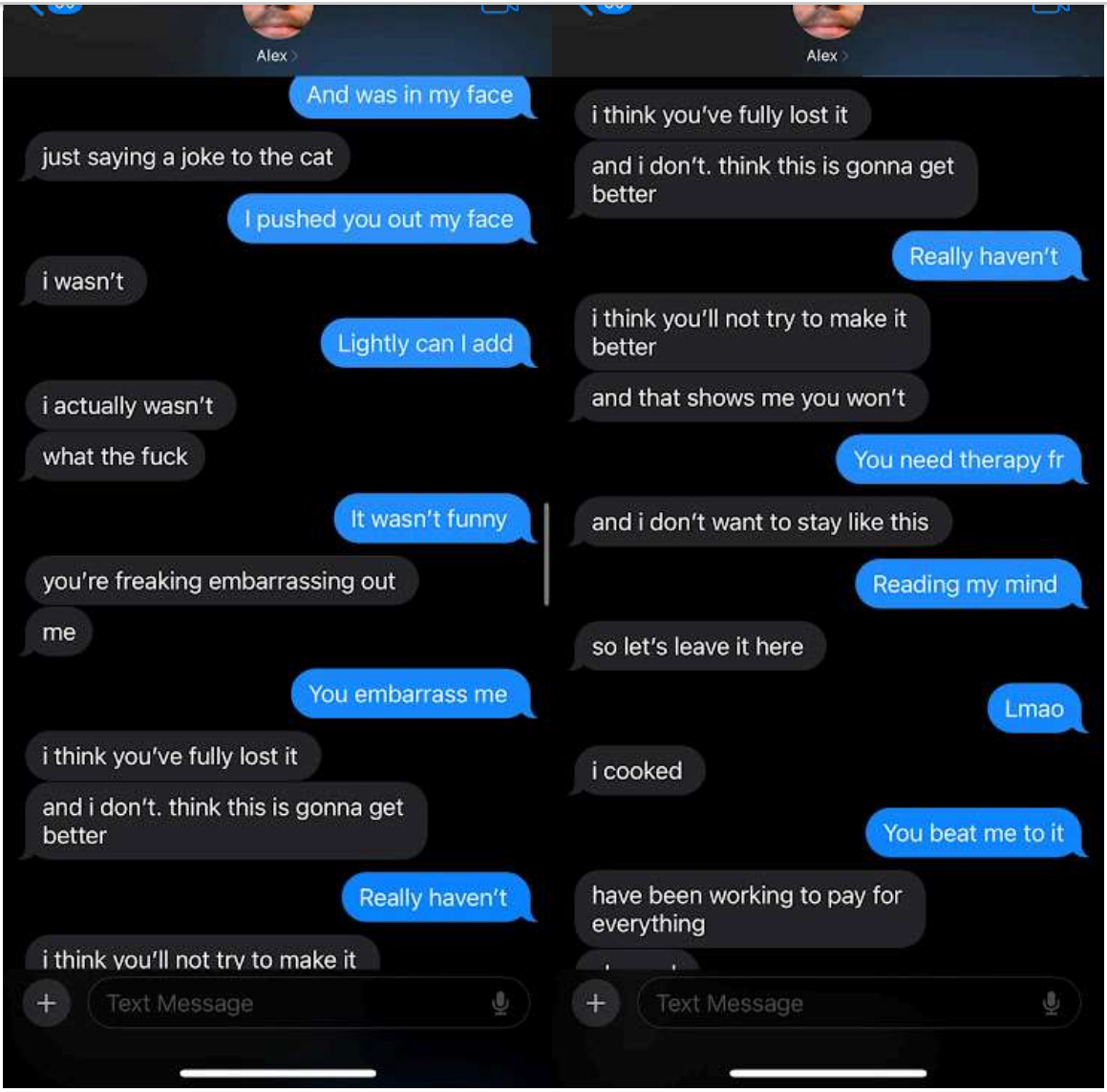
# Response - Read First



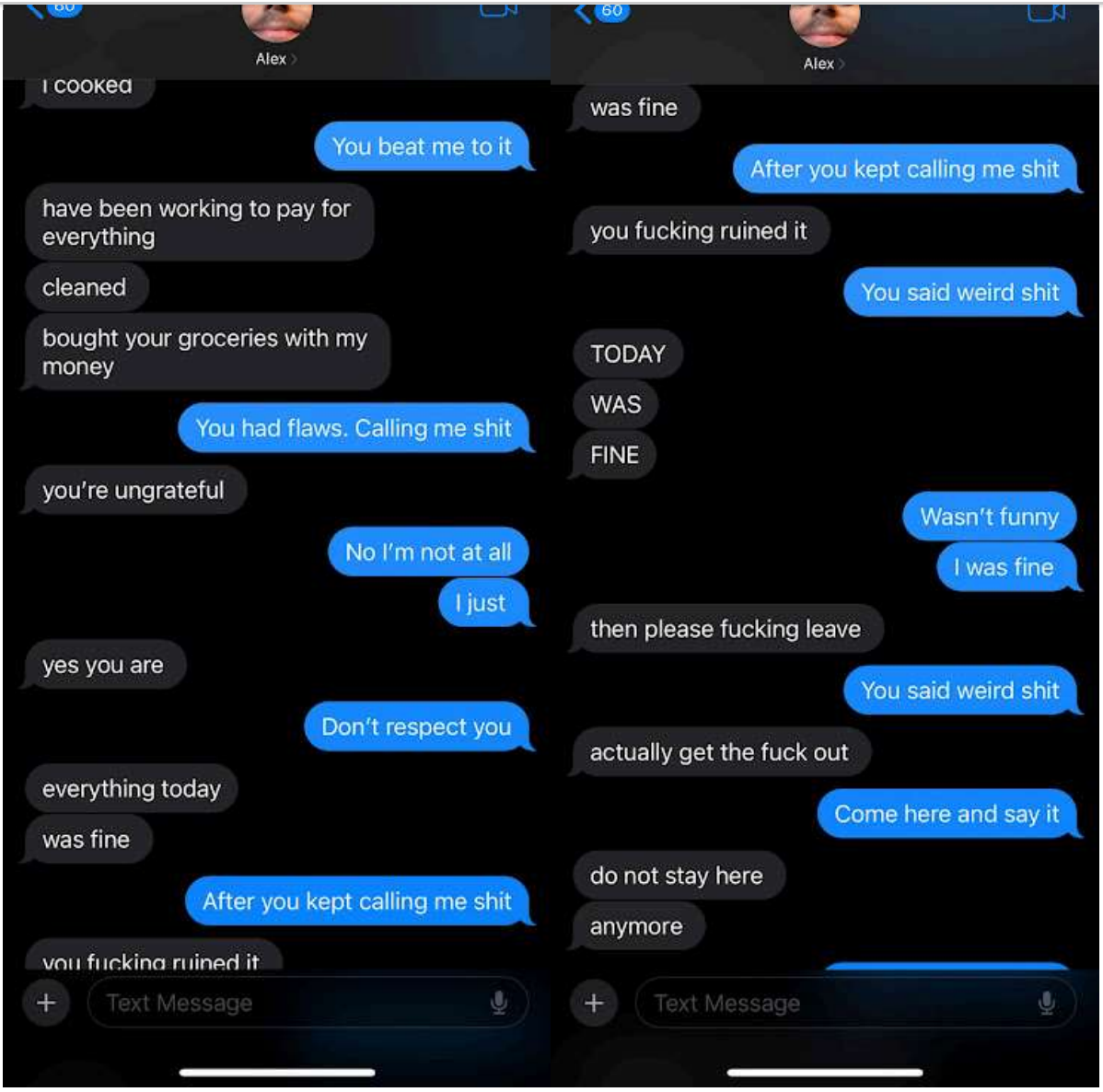
# Response - Read First


Alex
and you've put me in a bad mood over the cat
That's nice
cause you do nothing
all day
you don't understand
you choose to make your own life harder
You literally took away the shit I was gonna use
i don't want that
That's on you lmao
that's my stuff
Yes
in my house
But don't argue saying I don't do anything
When I would've been
Text Message
Alex
in my house
But don't argue saying I don't do anything
When I would've been
i can use my cameras and mics
Yes?
why
do that then
?
Do what
why try push me
over the cat
You said something weird
And was in my face
just saying a joke to the cat
I pushed you out my face
Text Message

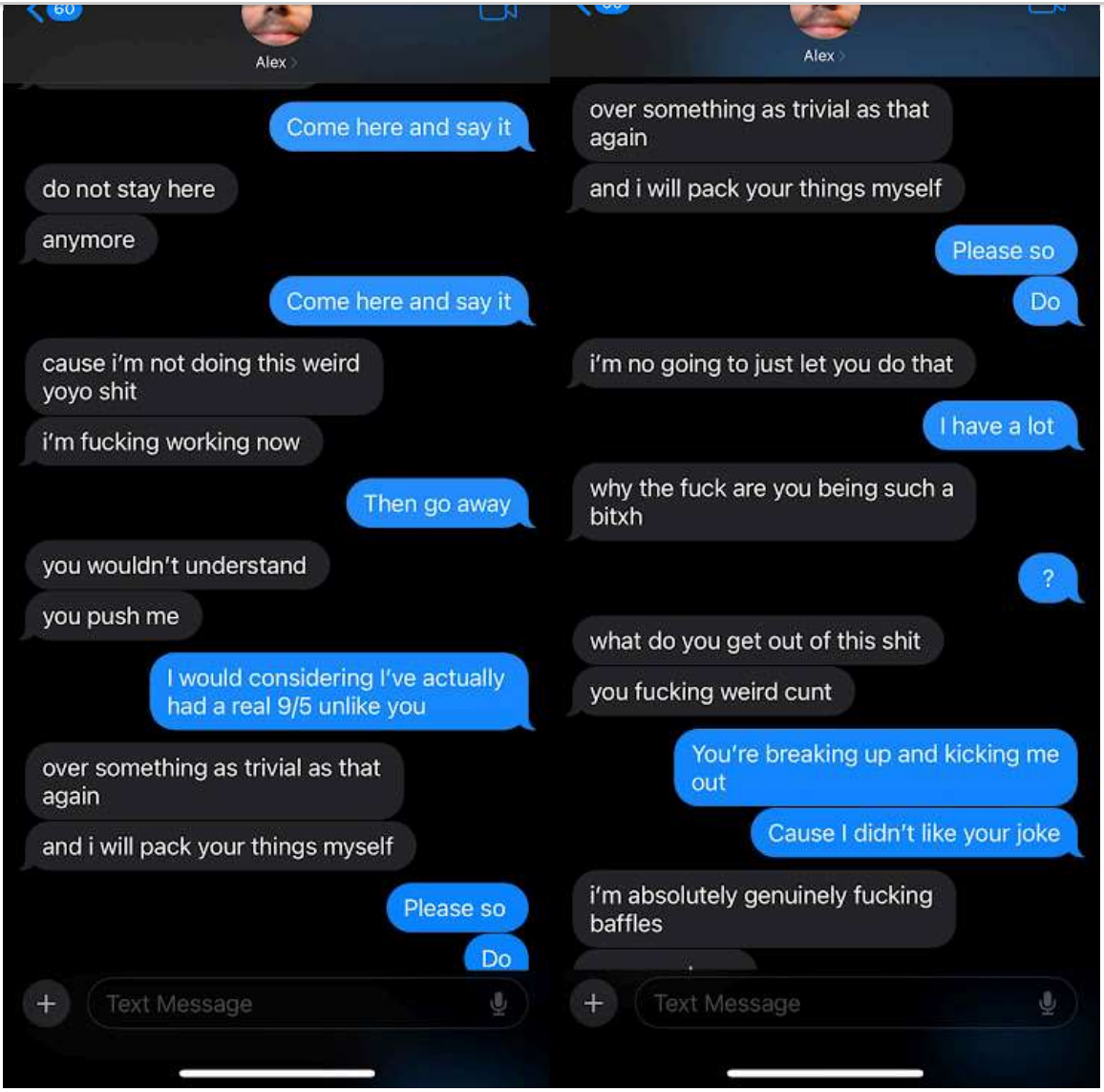
# Response - Read First

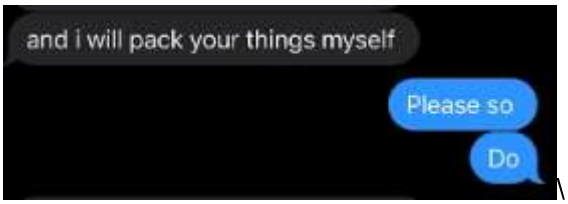

Alex
And was in my face
just saying a joke to the cat
I pushed you out my face
i wasn't
Lightly can I add
i actually wasn't
what the fuck
It wasn't funny
you're freaking embarrassing out
me
You embarrass me
i think you've fully lost it
and i don't. think this is gonna get better
Really haven't
i think you'll not try to make it
Text Message
Alex
i think you've fully lost it
and i don't. think this is gonna get better
Really haven't
i think you'll not try to make it better
and that shows me you won't
You need therapy fr
and i don't want to stay like this
Reading my mind
so let's leave it here
Lmao
i cooked
You beat me to it
have been working to pay for everything
Text Message

# Response - Read First



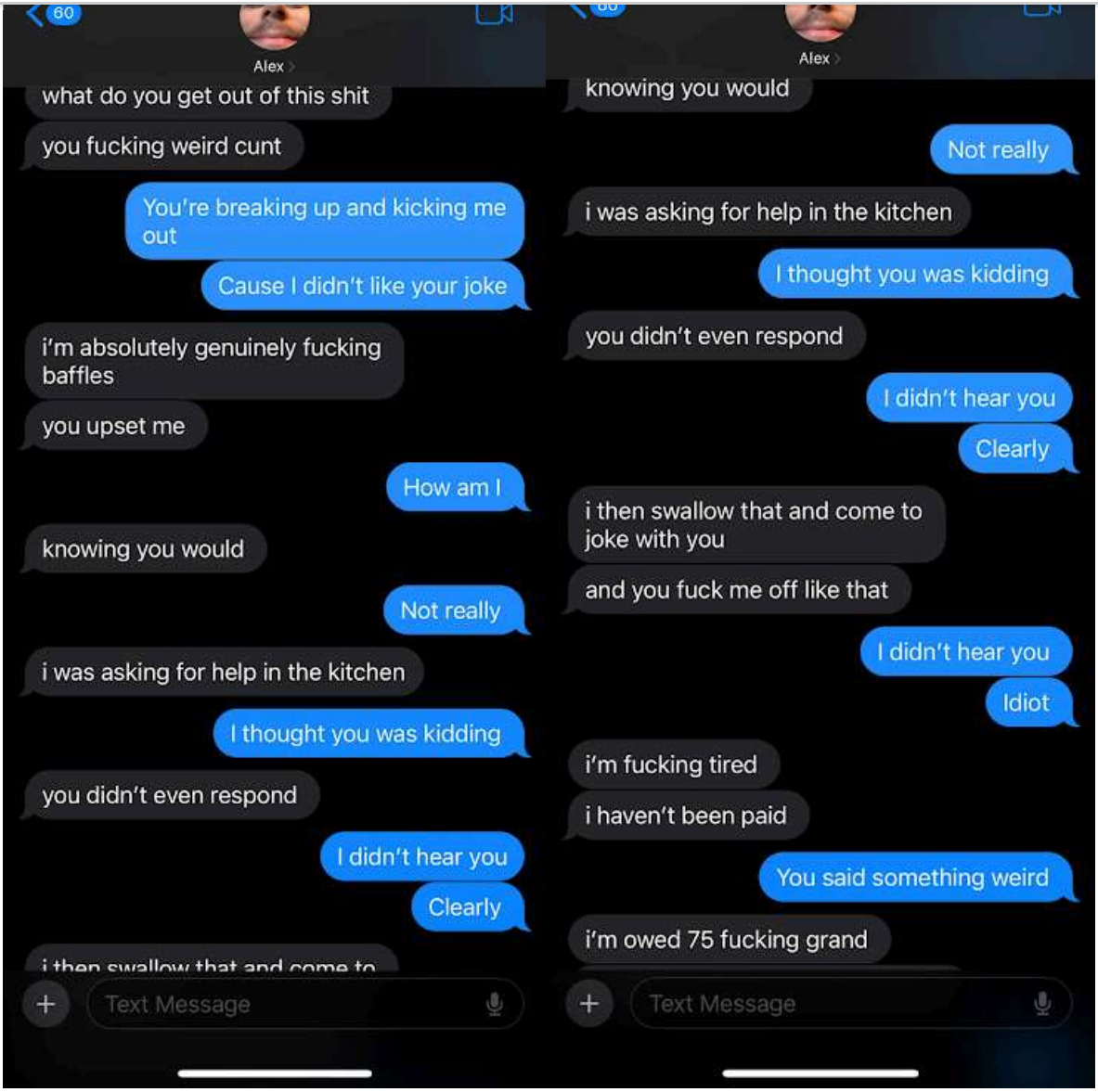
# Response - Read First


Alex
Come here and say it
do not stay here
anymore
Come here and say it
cause i'm not doing this weird yoyo shit
i'm fucking working now
Then go away
you wouldn't understand
you push me
I would considering I've actually had a real 9/5 unlike you
over something as trivial as that again
and i will pack your things myself
Please so
Do
Text Message
Alex
over something as trivial as that again
and i will pack your things myself
Please so
Do
i'm no going to just let you do that
I have a lot
why the fuck are you being such a bitxh
?
what do you get out of this shit
you fucking weird cunt
You're breaking up and kicking me out
Cause I didn't like your joke
i'm absolutely genuinely fucking baffles
Text Message

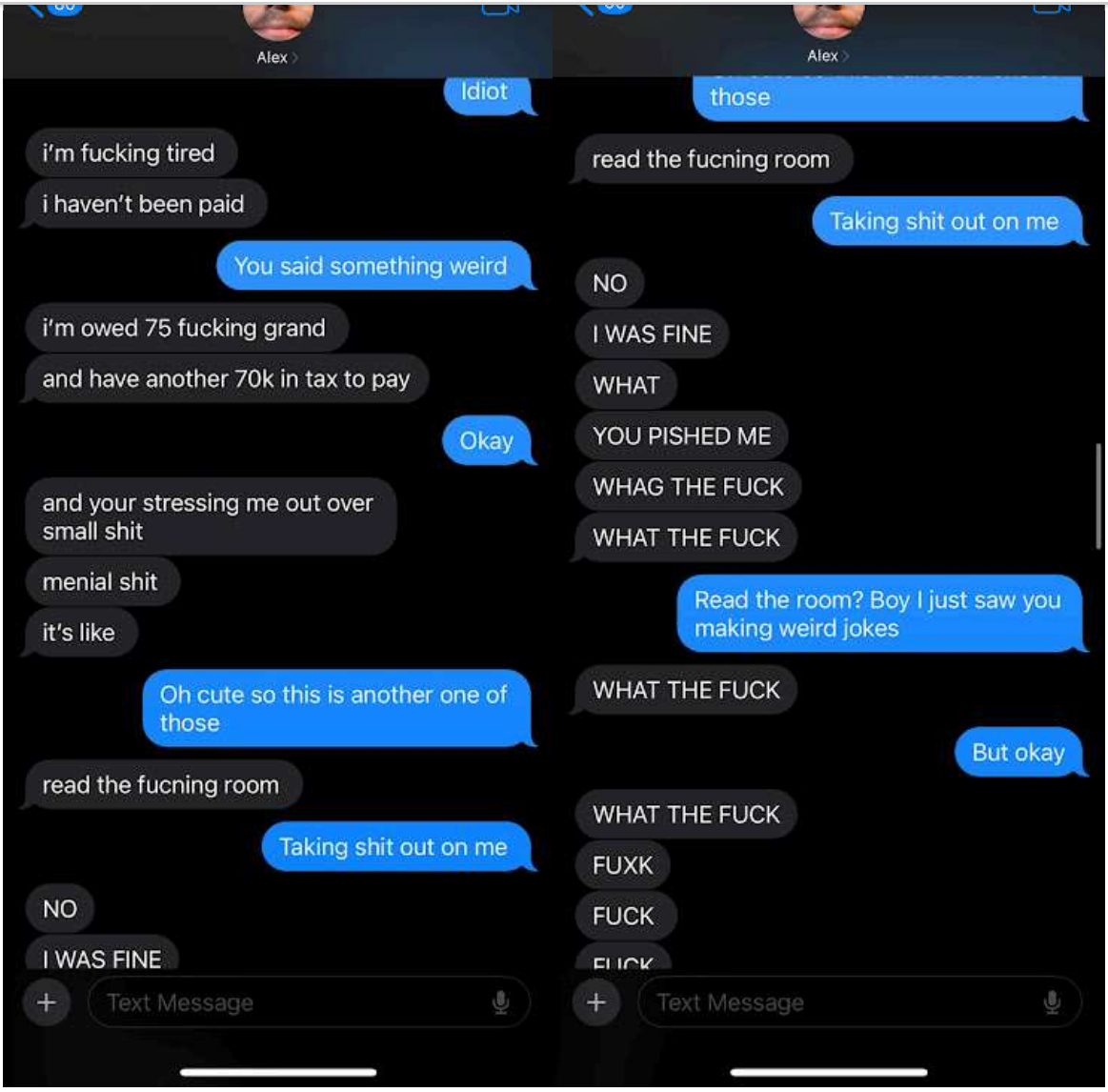



\
not once am I against this. I was building up courage to leave for a very long time, in my head we were already over.

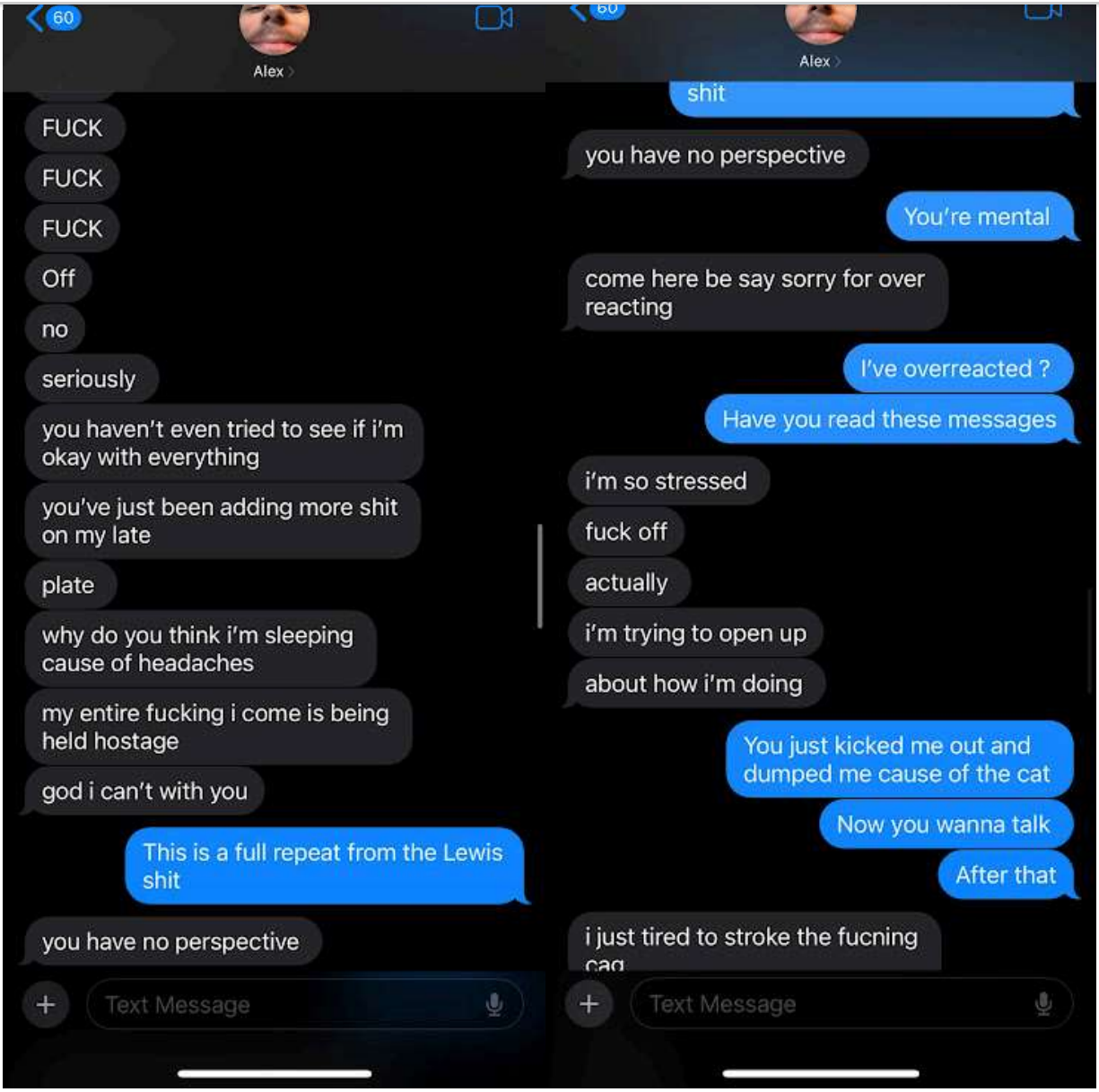
# Response - Read First


60
Alex
what do you get out of this shit
you fucking weird cunt
You're breaking up and kicking me out
Cause I didn't like your joke
i'm absolutely genuinely fucking baffles
you upset me
How am I
knowing you would
Not really
i was asking for help in the kitchen
I thought you was kidding
you didn't even respond
I didn't hear you
Clearly
Text Message
Alex
knowing you would
Not really
i was asking for help in the kitchen
I thought you was kidding
you didn't even respond
I didn't hear you
Clearly
i then swallow that and come to joke with you
and you fuck me off like that
I didn't hear you
Idiot
i'm fucking tired
i haven't been paid
You said something weird
i'm owed 75 fucking grand
Text Message

# Response - Read First

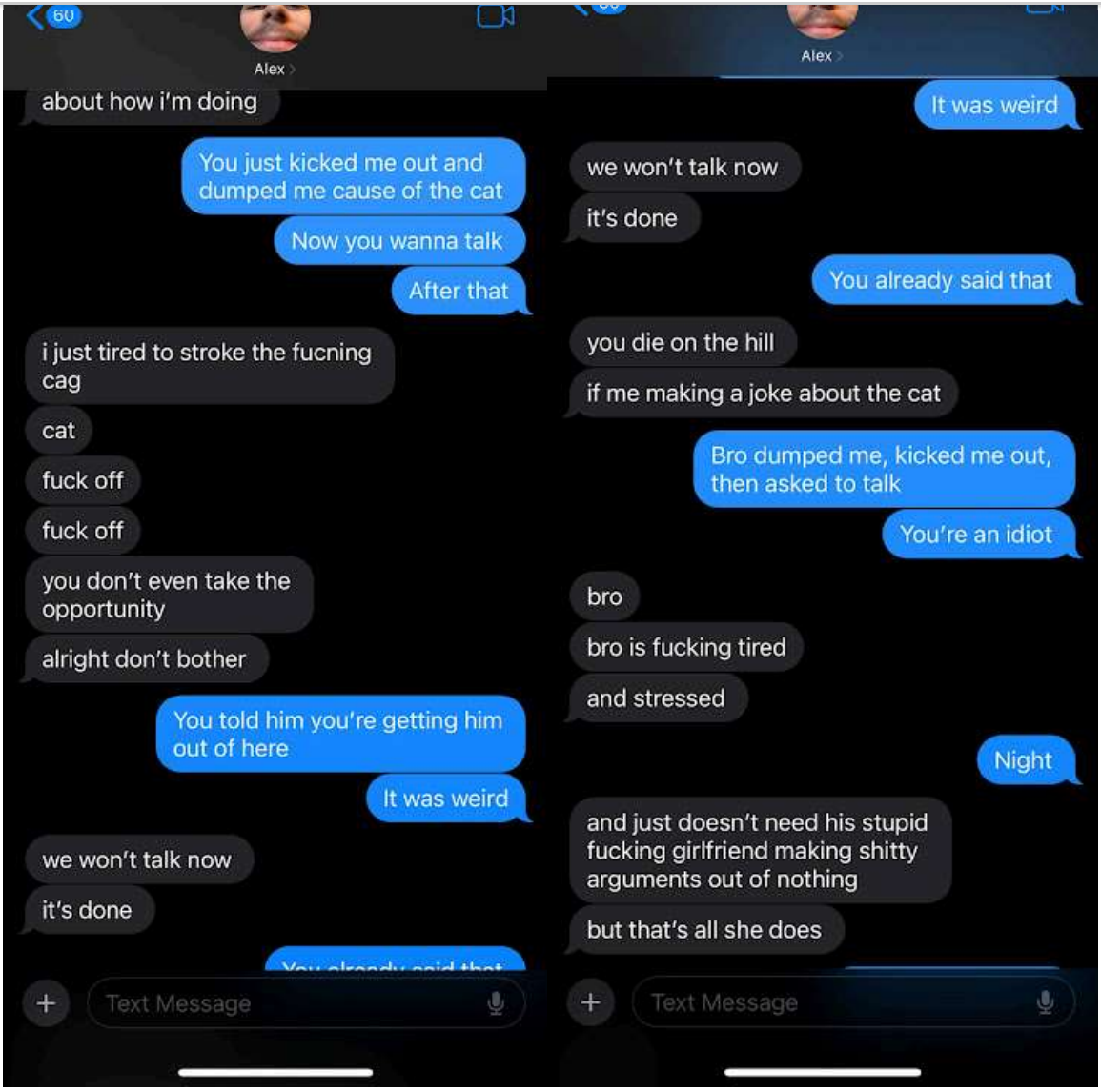


# Response - Read First

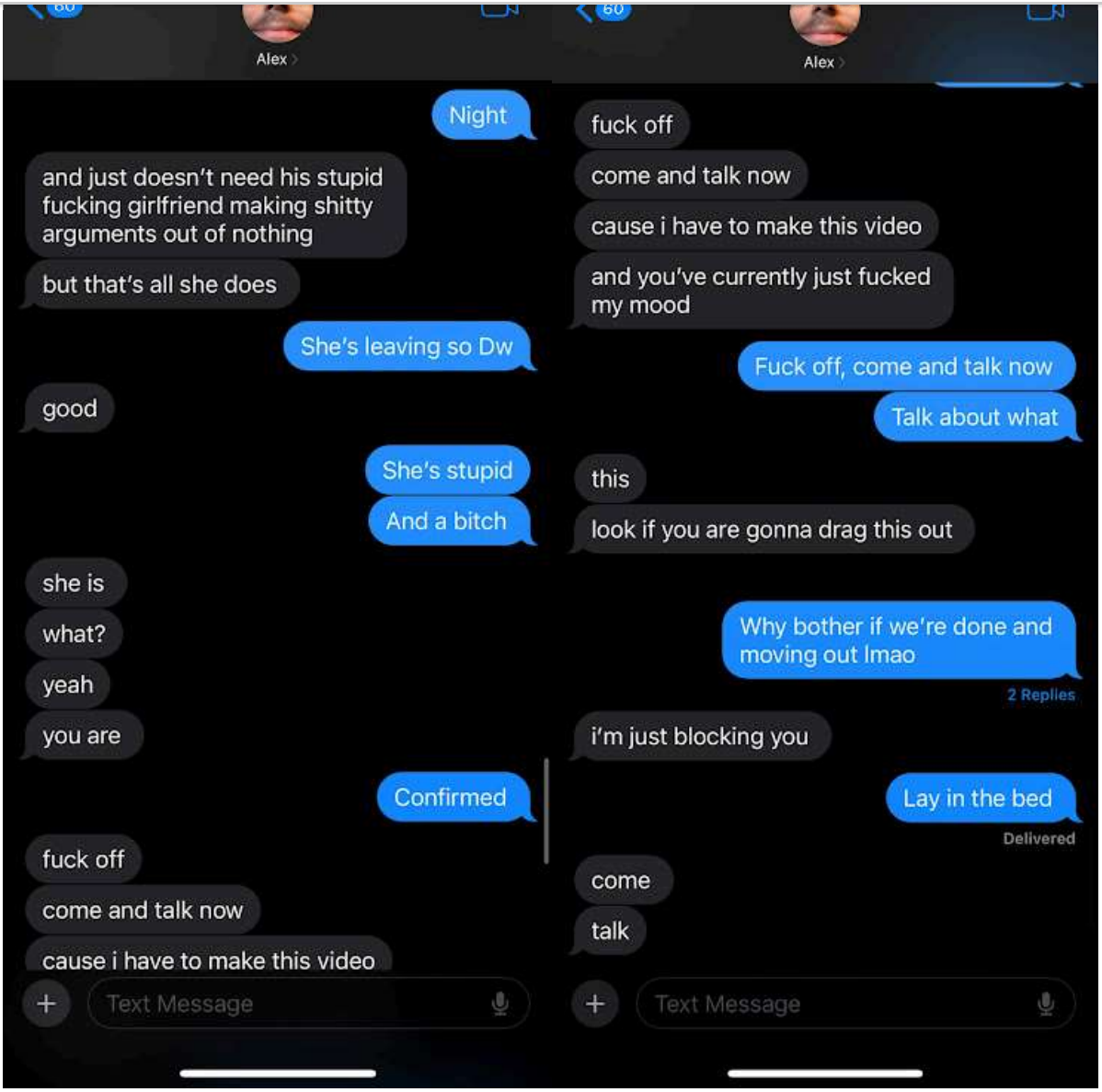



I repeat his reasoning as to why he's “kicked me out” because i was genuinely gob smacked at how he didn't understand or take in the fact that this came about from his ‘joke” i pushed him off me and he escalated this into an aggressive argument screaming, asks me to talk to him after.

# Response - Read First


60
Alex
about how i'm doing
You just kicked me out and dumped me cause of the cat
Now you wanna talk
After that
i just tired to stroke the fucning cag
cat
fuck off
fuck off
you don't even take the opportunity
alright don't bother
You told him you're getting him out of here
It was weird
we won't talk now
it's done
Text Message
Alex
It was weird
we won't talk now
it's done
You already said that
you die on the hill
if me making a joke about the cat
Bro dumped me, kicked me out, then asked to talk
You're an idiot
bro
bro is fucking tired
and stressed
Night
and just doesn't need his stupid fucking girlfriend making shitty arguments out of nothing
but that's all she does
Text Message

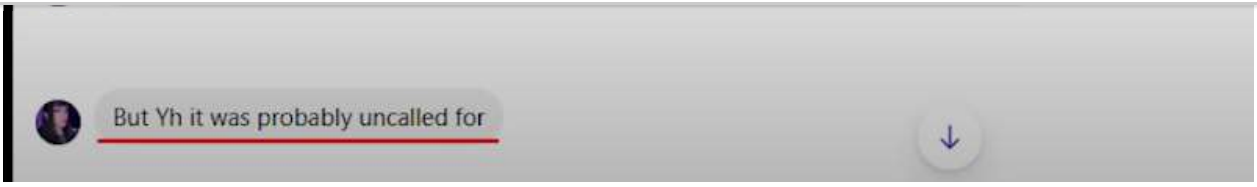
# Response - Read First



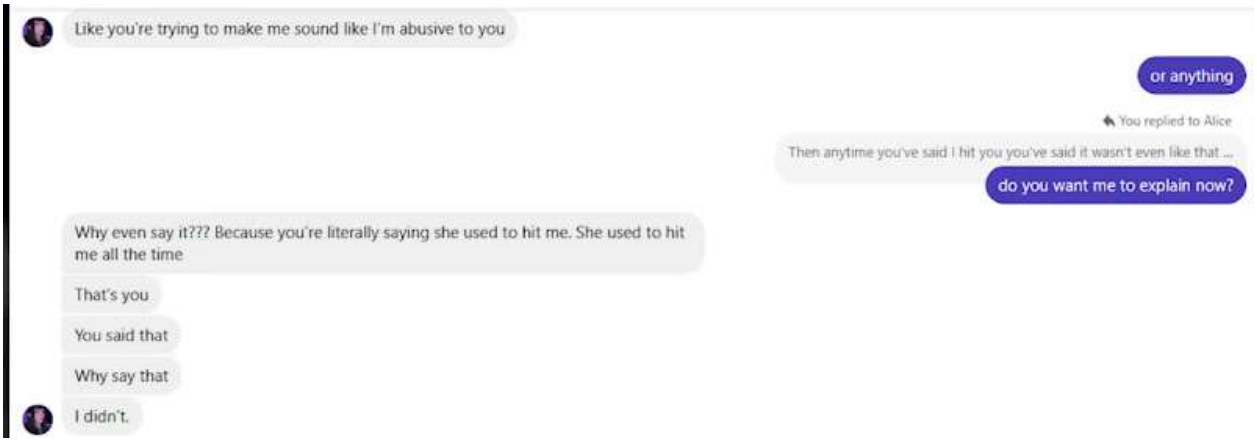
# Response - Read First

He claims in his video that i resort to physical abuse after he doesnt do what i want him to, then goes on about how i slapped him. I have already stated in my first document that I slapped him after he had screamed verbal abuse to me, and I gave more context on this further up in the document.

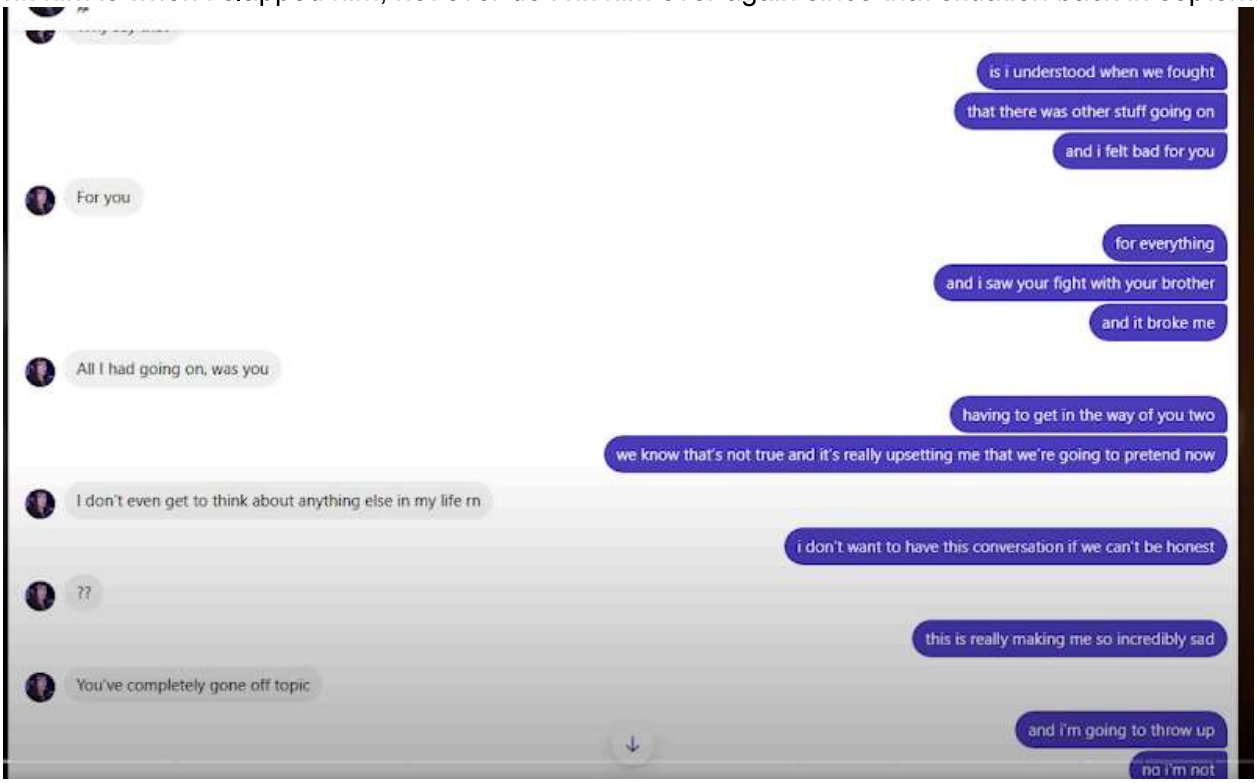
# Response - Read First




He used this and said I admitted to kicking him and said it was uncalled for, that is a lie it's literally in the screenshot. I say “i remember pushing you away” “i DIDN'T go ahead and start kicking hard to you” then “but yeah it was probably uncalled for”, thats me saying pushing him away was probably uncalled for.


Like you're trying to make me sound like I'm abusive to you
or anything
You replied to Alice
Then anytime you've said I hit you you've said it wasn't even like that ...
do you want me to explain now?
Why even say it??? Because you're literally saying she used to hit me. She used to hit me all the time
That's you
You said that
Why say that
I didn't.

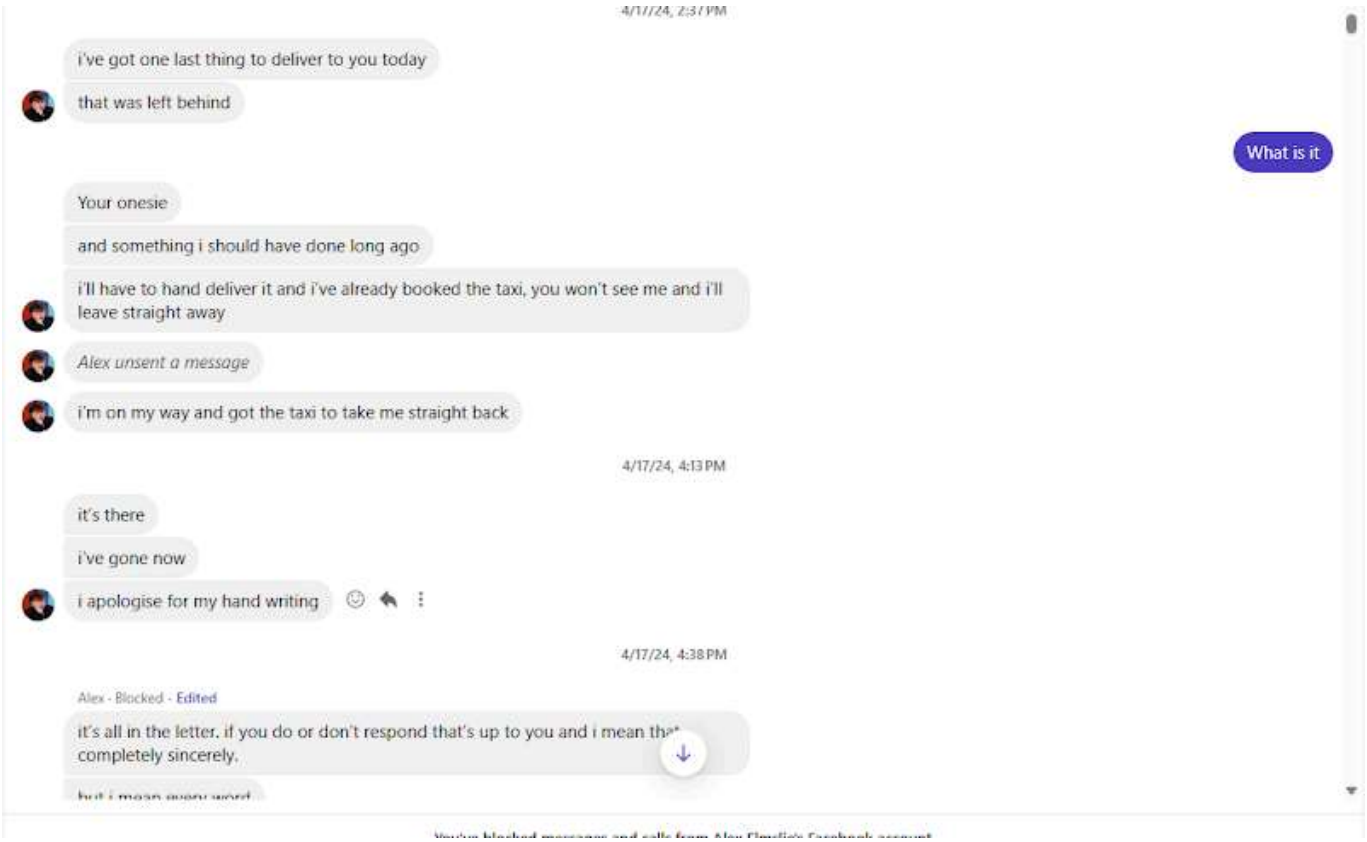
His proof of me hitting him is me saying I didn't hit him.
Not once did Alex ever claim that he was “hit regularly” until he released this video, his lies are inconsistent and easy to point out if you saw everything in my first statement and more on this one. For example saying I “punched” him over the cat. This started originally as me pushing him off me and picking bear up into another room, his second claim was that I “tried” to hit him when pushing him off me, this then developed into a “punch” and then “punched in the face”. I linked the messages and if you made it this far you read them already so you already know this, i'm just pointing this out as its important to back myself in this, the only time i hit him is when i slapped him, not ever do i hit him ever again since that situation back in september.


is i understood when we fought
that there was other stuff going on
and i felt bad for you
For you
for everything
and i saw your fight with your brother
and it broke me
All I had going on, was you
having to get in the way of you two
we know that's not true and it's really upsetting me that we're going to pretend now
I don't even get to think about anything else in my life rn
i don't want to have this conversation if we can't be honest
??
this is really making me so incredibly sad
You've completely gone off topic
and i'm going to throw up

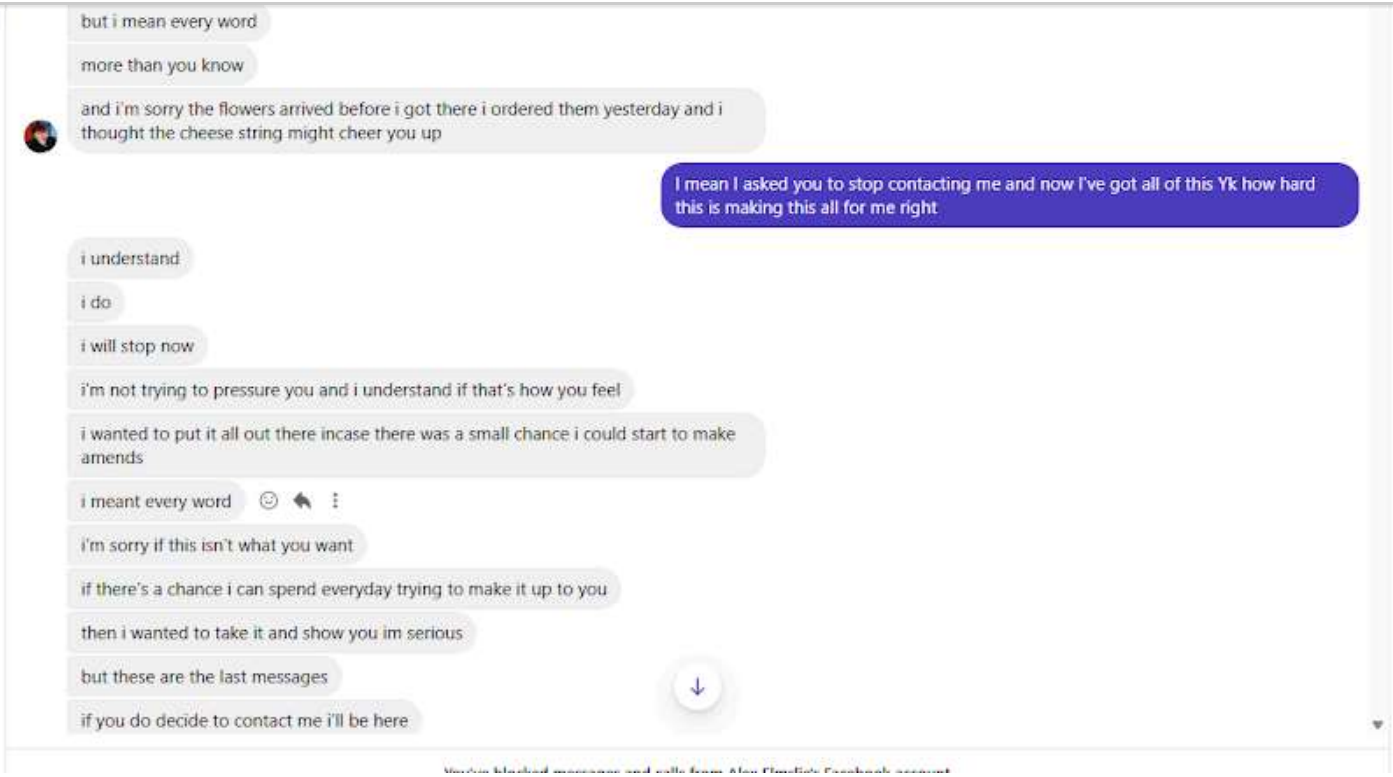
# Response - Read First

thing that's happened or something he's going through, which was consistent in some of these conversations I've shared AND in my previous statement.

I'm going to just attach this whole conversation.

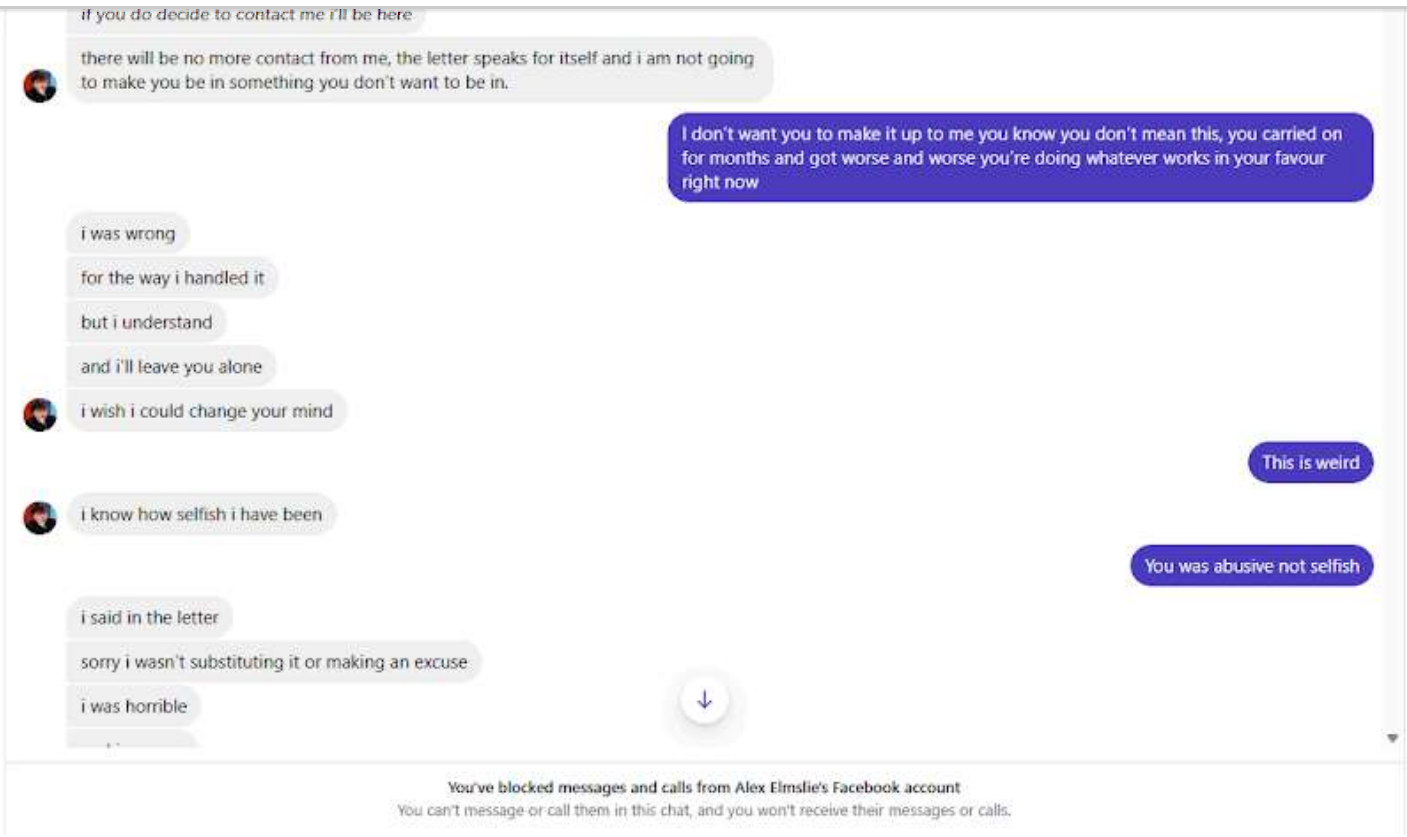

4/17/24, 2:37 PM
i've got one last thing to deliver to you today
that was left behind
What is it
Your onesie
and something i should have done long ago
i'll have to hand deliver it and i've already booked the taxi, you won't see me and i'll leave straight away
Alex unsent a message
i'm on my way and got the taxi to take me straight back
4/17/24, 4:13 PM
it's there
i've gone now
i apologise for my hand writing
4/17/24, 4:38 PM
Alex - Blocked - Edited
it's all in the letter. if you do or don't respond that's up to you and i mean that completely sincerely.

# Response - Read First

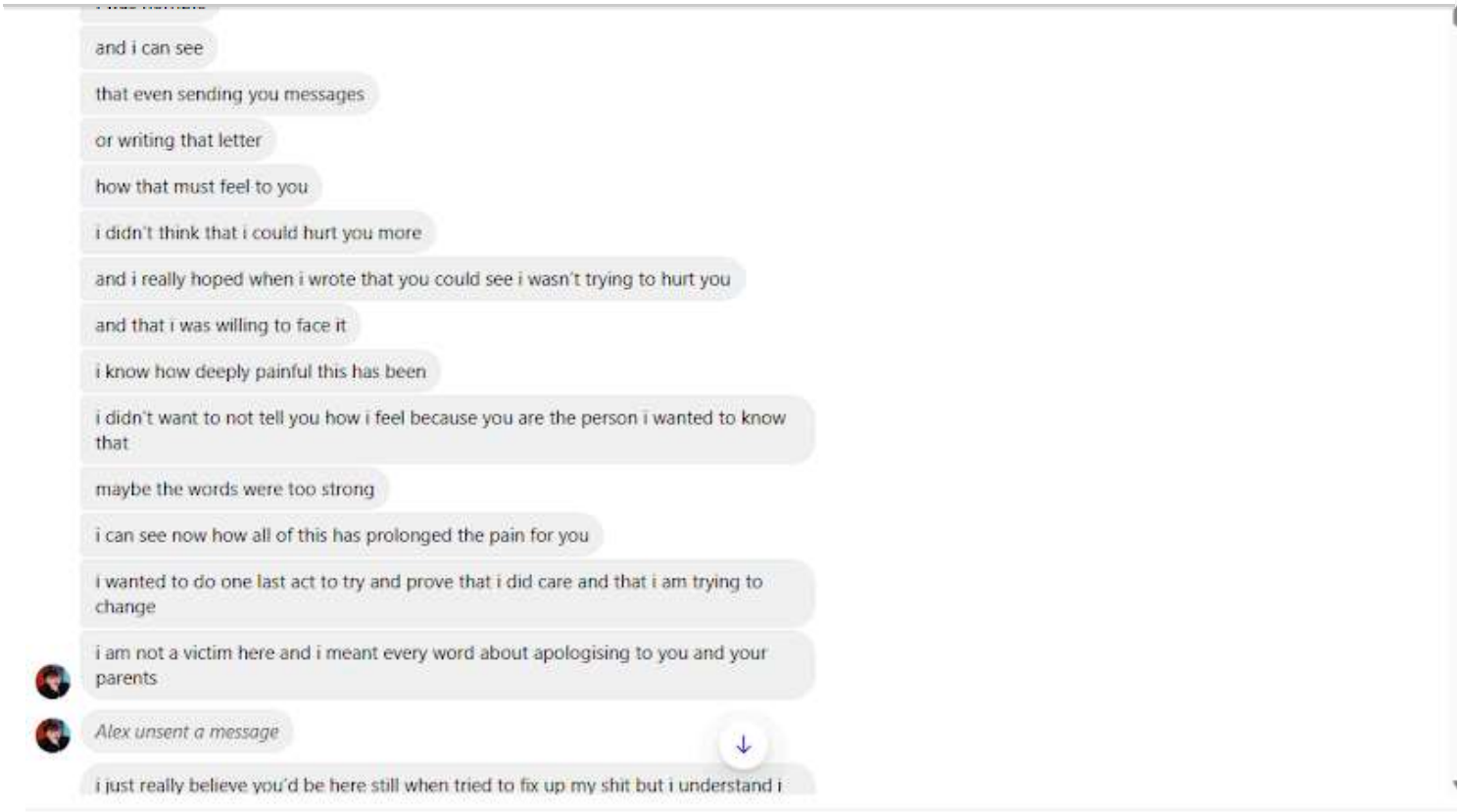

but i mean every word
more than you know
and i'm sorry the flowers arrived before i got there i ordered them yesterday and i thought the cheese string might cheer you up
I mean I asked you to stop contacting me and now I've got all of this Yk how hard this is making this all for me right
i understand
i do
i will stop now
i'm not trying to pressure you and i understand if that's how you feel
i wanted to put it all out there incase there was a small chance i could start to make amends
i meant every word
i'm sorry if this isn't what you want
if there's a chance i can spend everyday trying to make it up to you
then i wanted to take it and show you im serious
but these are the last messages
if you do decide to contact me i'll be here

To say I “asked” him to send me a letter is a lie, and at this point he only does send me one as a last panic to try to fix things, as I asked him to leave me alone multiple times. I also wanna state i never asked him to send me teddys and flowers. He has manipulated me asking for a bear I left at the house and made it seem like it's the same teddy he sends to my house unwanted, they are both two separate teddy bears. One I asked for back and the other was him sending things to my house to try to get me to talk to him. The amazon note was in the first statement.

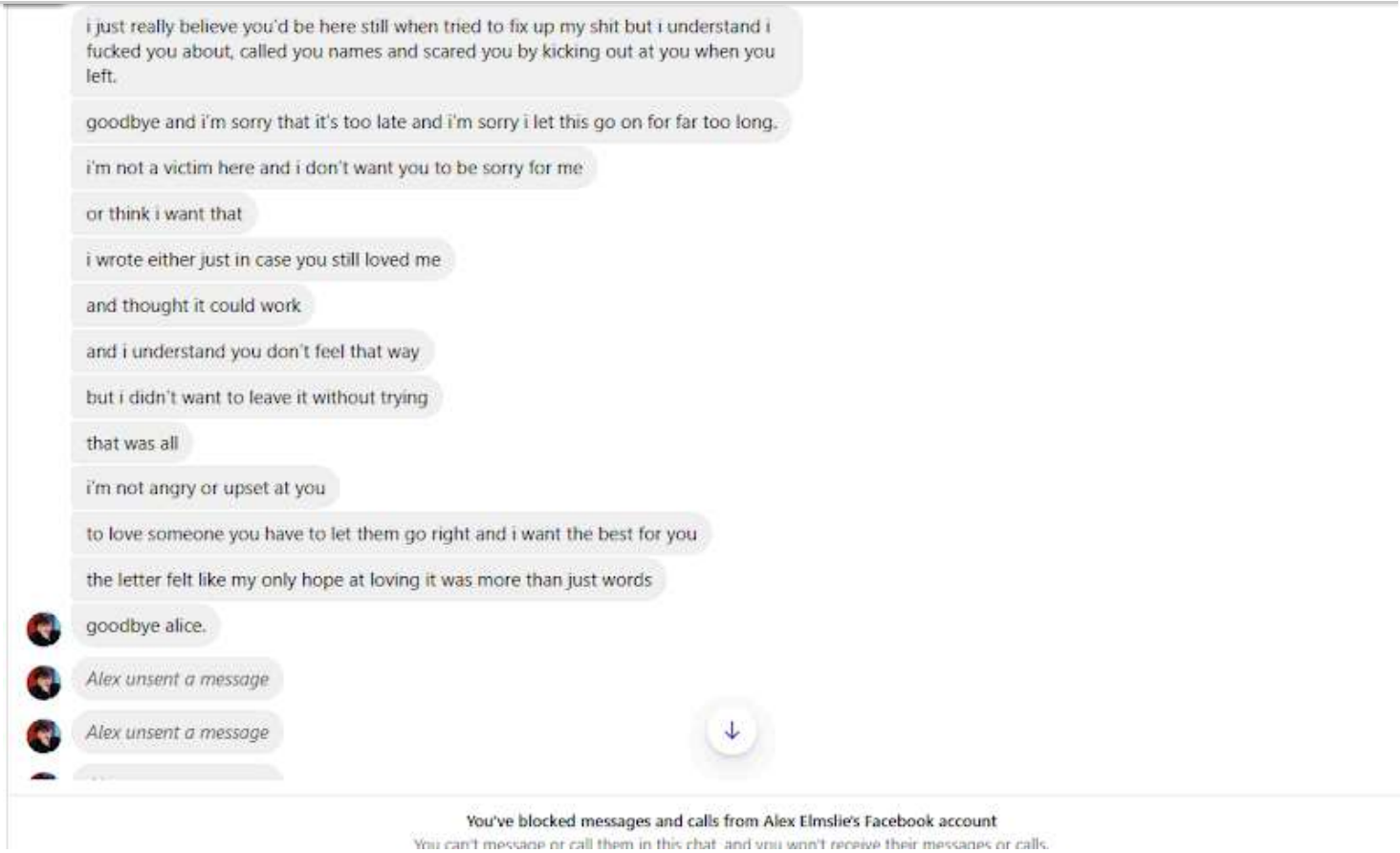
# Response - Read First


if you do decide to contact me i'll be here
there will be no more contact from me, the letter speaks for itself and i am not going to make you be in something you don't want to be in.
I don't want you to make it up to me you know you don't mean this, you carried on for months and got worse and worse you're doing whatever works in your favour right now
i was wrong
for the way i handled it
but i understand
and i'll leave you alone
i wish i could change your mind
This is weird
i know how selfish i have been
You was abusive not selfish
i said in the letter
sorry i wasn't substituting it or making an excuse
i was horrible
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

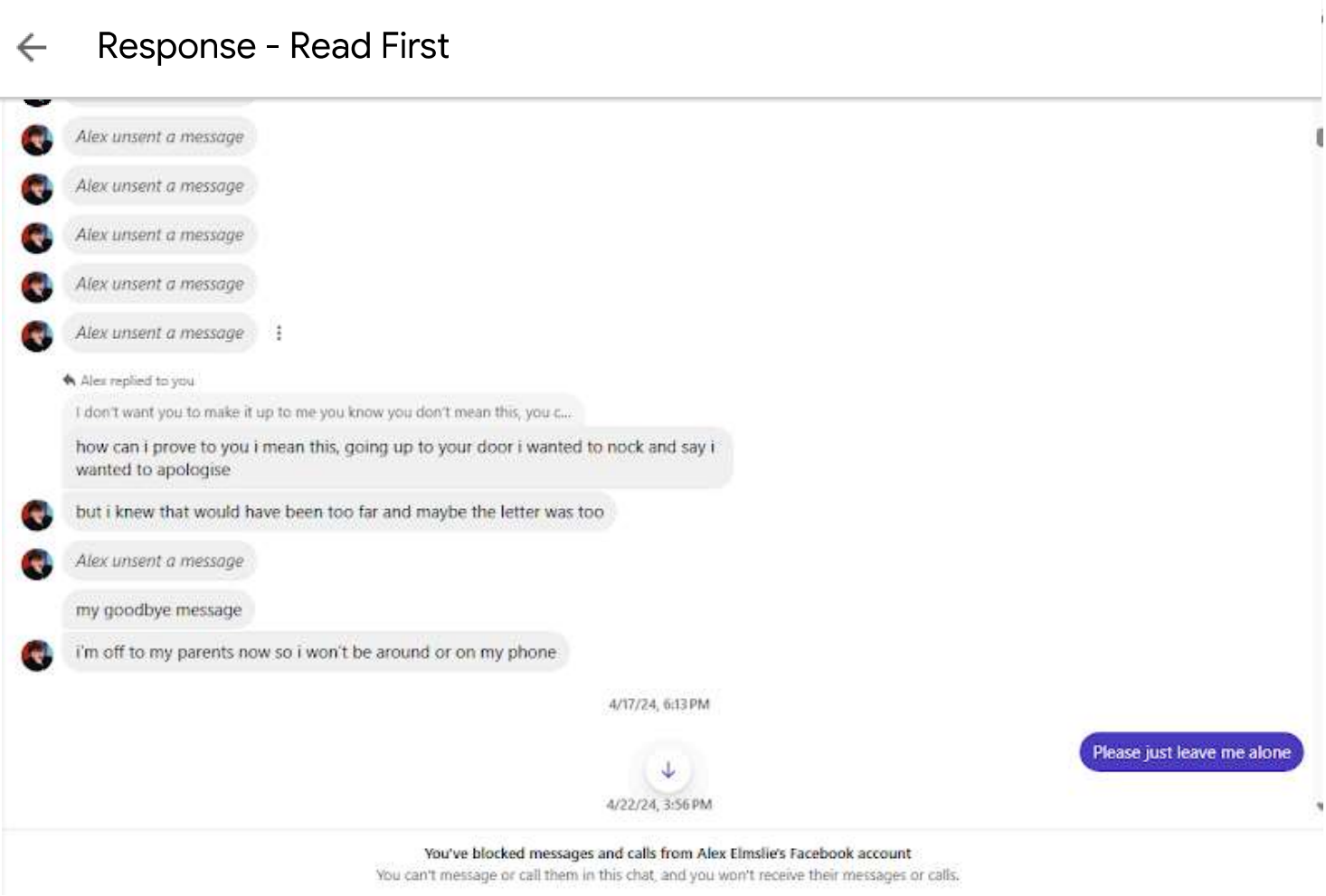
# Response - Read First


and i can see
that even sending you messages
or writing that letter
how that must feel to you
i didn't think that i could hurt you more
and i really hoped when i wrote that you could see i wasn't trying to hurt you
and that i was willing to face it
i know how deeply painful this has been
i didn't want to not tell you how i feel because you are the person i wanted to know that
maybe the words were too strong
i can see now how all of this has prolonged the pain for you
i wanted to do one last act to try and prove that i did care and that i am trying to change
i am not a victim here and i meant every word about apologising to you and your parents
Alex unsent a message
i just really believe you'd be here still when tried to fix up my shit but i understand i

# Response - Read First


i just really believe you'd be here still when tried to fix up my shit but i understand i fucked you about, called you names and scared you by kicking out at you when you left.
goodbye and i'm sorry that it's too late and i'm sorry i let this go on for far too long.
i'm not a victim here and i don't want you to be sorry for me
or think i want that
i wrote either just in case you still loved me
and thought it could work
and i understand you don't feel that way
but i didn't want to leave it without trying
that was all
i'm not angry or upset at you
to love someone you have to let them go right and i want the best for you
the letter felt like my only hope at loving it was more than just words
goodbye alice.
Alex unsent a message
Alex unsent a message
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First


Alex unsent a message
Alex unsent a message
Alex unsent a message
Alex unsent a message
Alex unsent a message
Alex replied to you
I don't want you to make it up to me you know you don't mean this, you c...
how can i prove to you i mean this, going up to your door i wanted to nock and say i wanted to apologise
but i knew that would have been too far and maybe the letter was too
Alex unsent a message
my goodbye message
i'm off to my parents now so i won't be around or on my phone
4/17/24, 6:13 PM
Please just leave me alone
4/22/24, 3:56 PM
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First

4/22/24, 3:56 PM

*Alex unsent a message*

4/23/24, 6:33 PM

Sorry for how intense i was last week, it wasn't right after you told me you had a lot on. Makes me embarrassed.

5/6/24, 8:13 PM

*Alex unsent a message*

5/6/24, 8:35 PM

sorry i didn't mean to send that. it was an accident.

sorry if it bothered you i didn't mean to

5/8/24, 12:23 AM

Send what?

5/8/24, 1:25 AM

Alex - Blocked - Edited

I sent you a message about council tax addressed to us but i paid it off so if et a letter ive sorted it

You've blocked messages and calls from Alex Elmslie's Facebook account

Alex - Blocked - Edited

I sent you a message about council tax addressed to us but i paid it off so if you get a letter ive sorted it

i didn't want you to accidentally pay it incase they called you

but then i sorted it but it was too late and i had already messaged you, sorry for that and it's done now.

obviously i didn't want to bother you but it was a court notice thing and i thought you might get one

Nout to do with me I'm not on the lease

it was addressed to us both

that's why

otherwise i wouldn't message you

Just update them in your own time I guess

i have it's fine

i didn't want to bother you but yeah i thought you might get one

Never put my address so nope

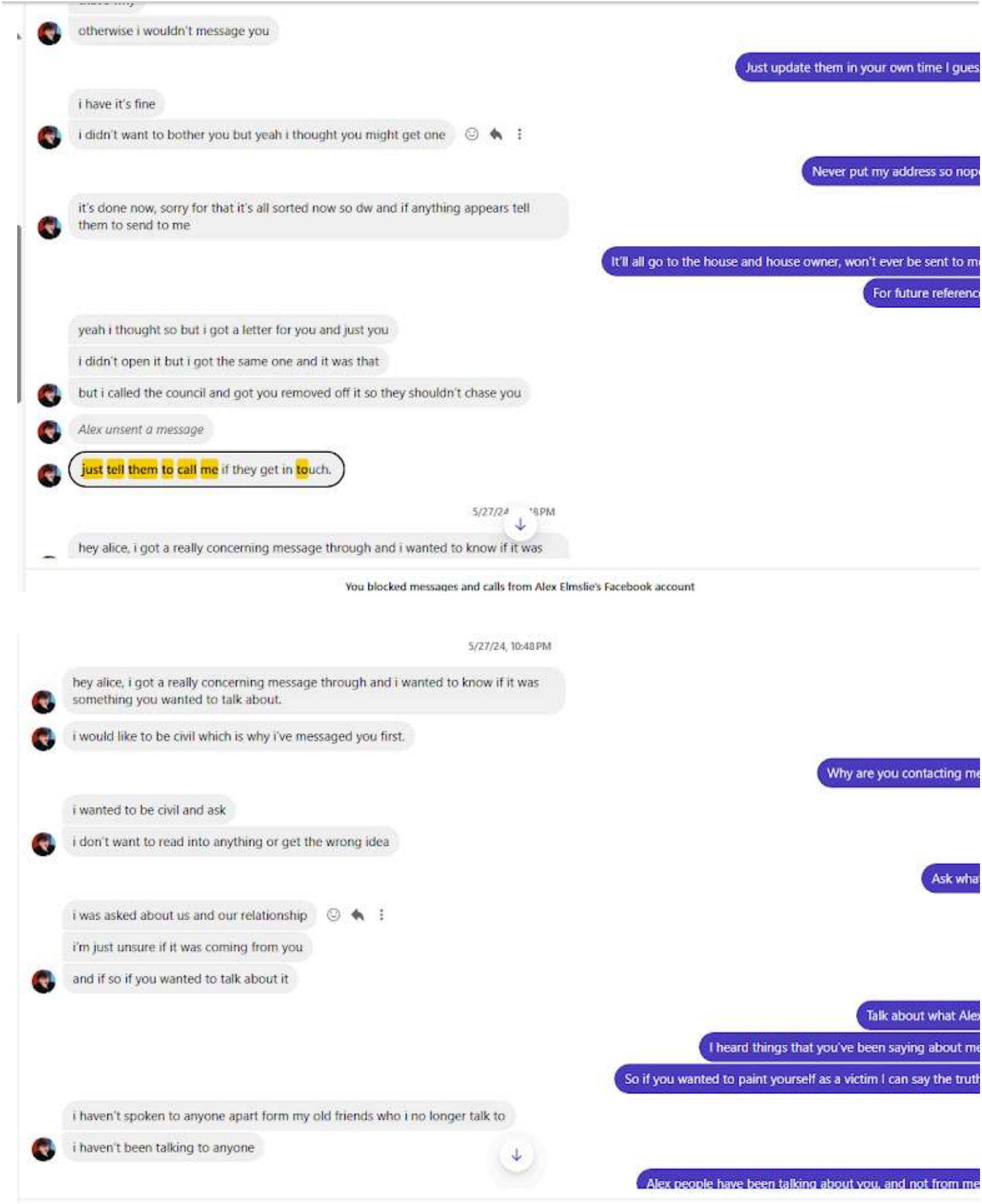
it's done now, sorry for that it's all sorted now so dw and if anything appears tell them to send to me

It'll all go to the house and house owner, won't ever be sent to me

For future reference

You blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First


otherwise i wouldn't message you
Just update them in your own time I gues
i have it's fine
i didn't want to bother you but yeah i thought you might get one
Never put my address so nop
it's done now, sorry for that it's all sorted now so dw and if anything appears tell them to send to me
It'll all go to the house and house owner, won't ever be sent to m
For future referenc
yeah i thought so but i got a letter for you and just you
i didn't open it but i got the same one and it was that
but i called the council and got you removed off it so they shouldn't chase you
Alex unsent a message
just tell them to call me if they get in touch.
5/27/24 '8 PM
hey alice, i got a really concerning message through and i wanted to know if it was
You blocked messages and calls from Alex Elmslie's Facebook account
5/27/24, 10:48 PM
hey alice, i got a really concerning message through and i wanted to know if it was something you wanted to talk about.
i would like to be civil which is why i've messaged you first.
Why are you contacting me
i wanted to be civil and ask
i don't want to read into anything or get the wrong idea
Ask wha
i was asked about us and our relationship
i'm just unsure if it was coming from you
and if so if you wanted to talk about it
Talk about what Alex
I heard things that you've been saying about me
So if you wanted to paint yourself as a victim I can say the truth
i haven't spoken to anyone apart form my old friends who i no longer talk to
i haven't been talking to anyone
Alex people have been talking about you, and not from me

# Response - Read First

so i can move on

i'm not upset by the way or annoyed at you

i understand obviously that people will ask and i don't blame you for that

just so we're clear

Alex replied to you

Alex people have been talking about you, and not from me.

well i have only spoken to my old discord friends about it and i barley said a thing because i dont want support you

and i told them i won't talk to them about it

You called me crazy and mental no

i said we had issues i wouldn't dare say that

i have a totally different understanding now to months again

ago

That you was horribl

because i've been talking about it to my therapist

And made me out to be menta

i didn't speak to anyone alice apart form my mates who asked my questions about

because i've been talking about it to my therapist

And made me out to be menta

i didn't speak to anyone alice apart form my mates who asked my questions about the texts

and i admitted that was me

Idk people mix shit don't they

and we had a lot of arguments

You said I was crazy

And it was me

And

That

It was mutual

yeah i don't think you're crazy

Mutua

It wasn't mutual

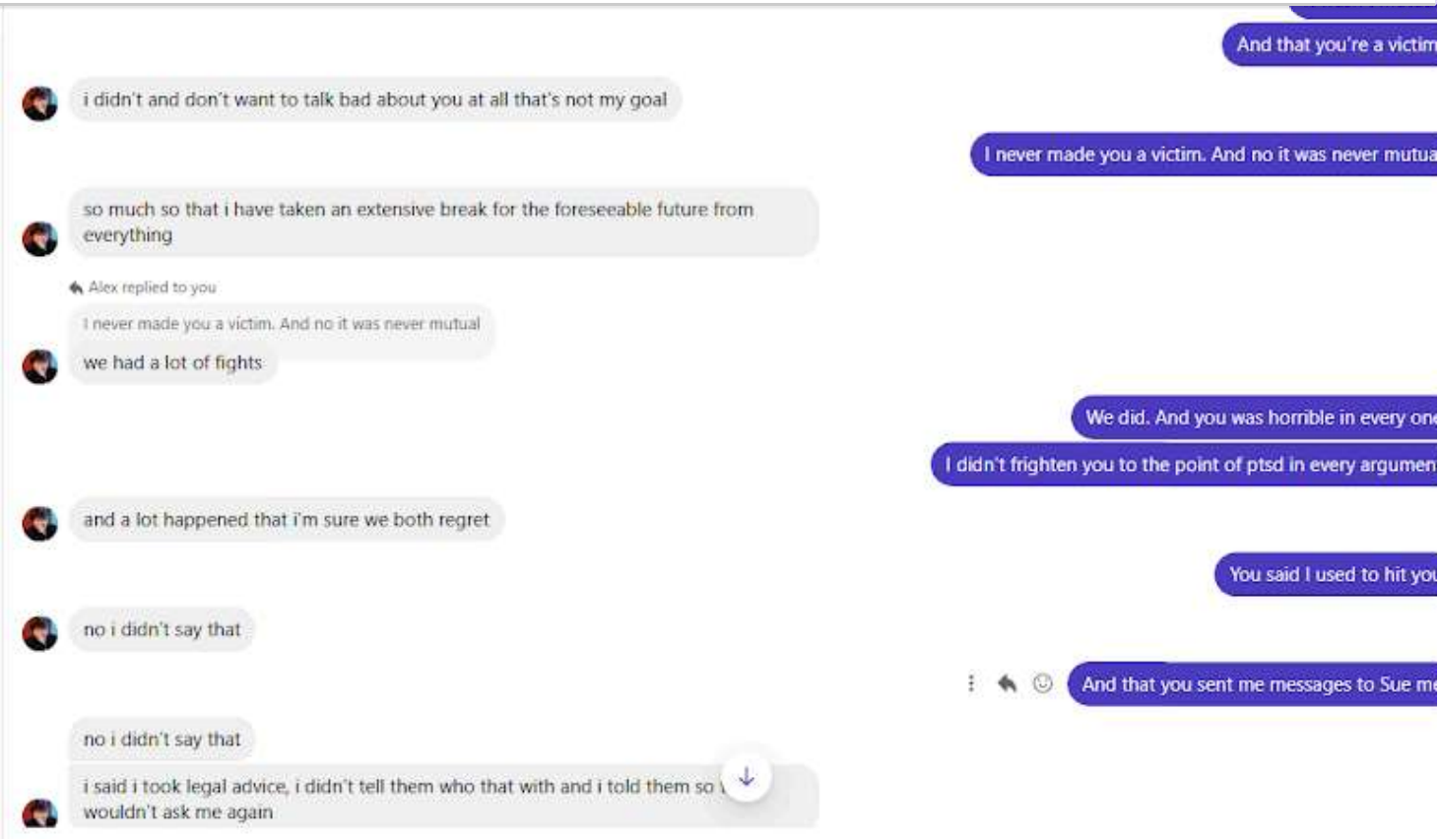
And that you're a victim

i didn't and don't want to talk bad about you at all that's not my goal

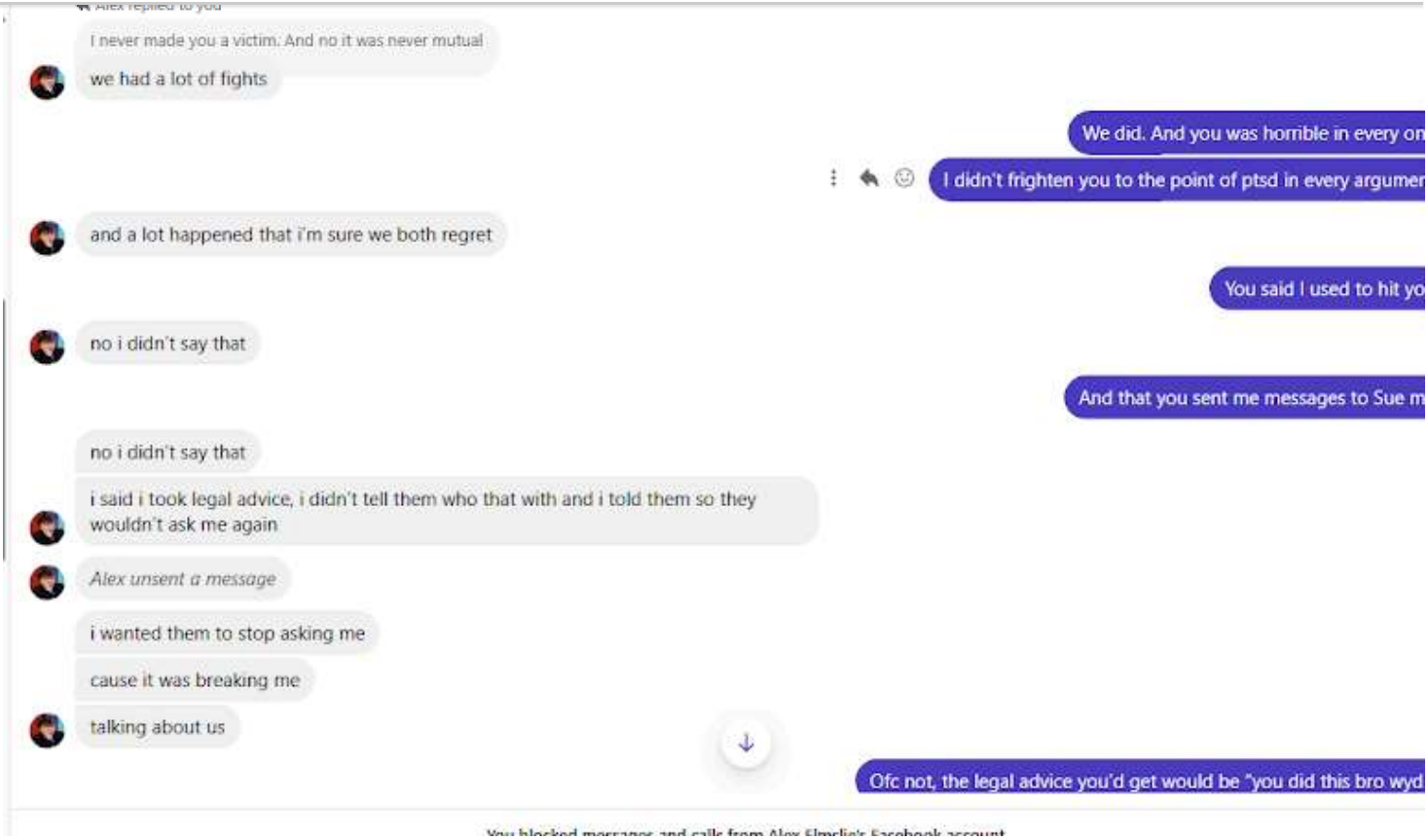
I never made you a victim. And no it was never mutua

You blocked messages and calls from Alex Elmslie's Facebook account

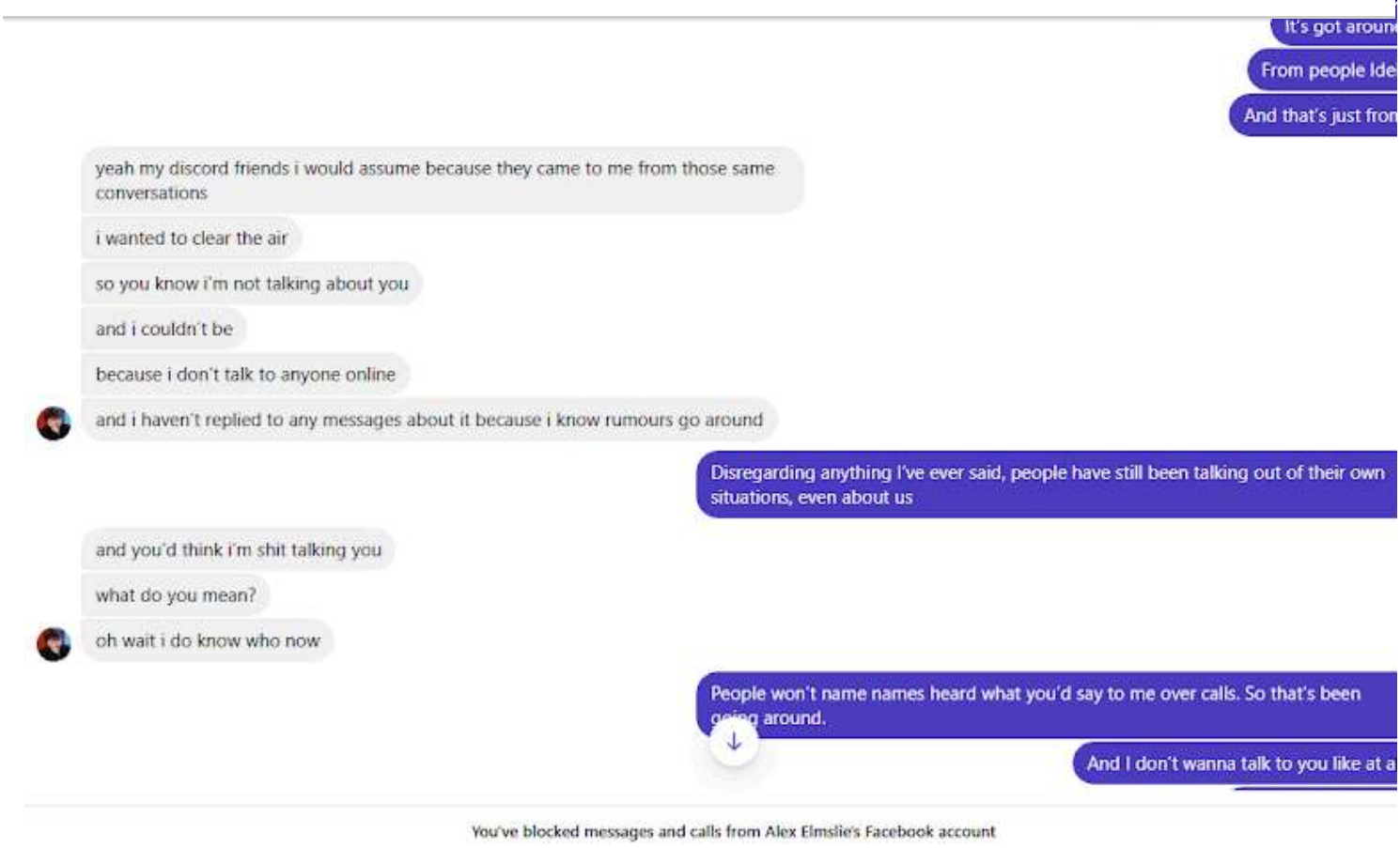
# Response - Read First


And that you're a victim
i didn't and don't want to talk bad about you at all that's not my goal
I never made you a victim. And no it was never mutua
so much so that i have taken an extensive break for the foreseeable future from everything
Alex replied to you
I never made you a victim. And no it was never mutual
we had a lot of fights
We did. And you was horrible in every one
I didn't frighten you to the point of ptsd in every argumen
and a lot happened that i'm sure we both regret
You said I used to hit you
no i didn't say that
And that you sent me messages to Sue me
no i didn't say that
i said i took legal advice, i didn't tell them who that with and i told them so
wouldn't ask me again

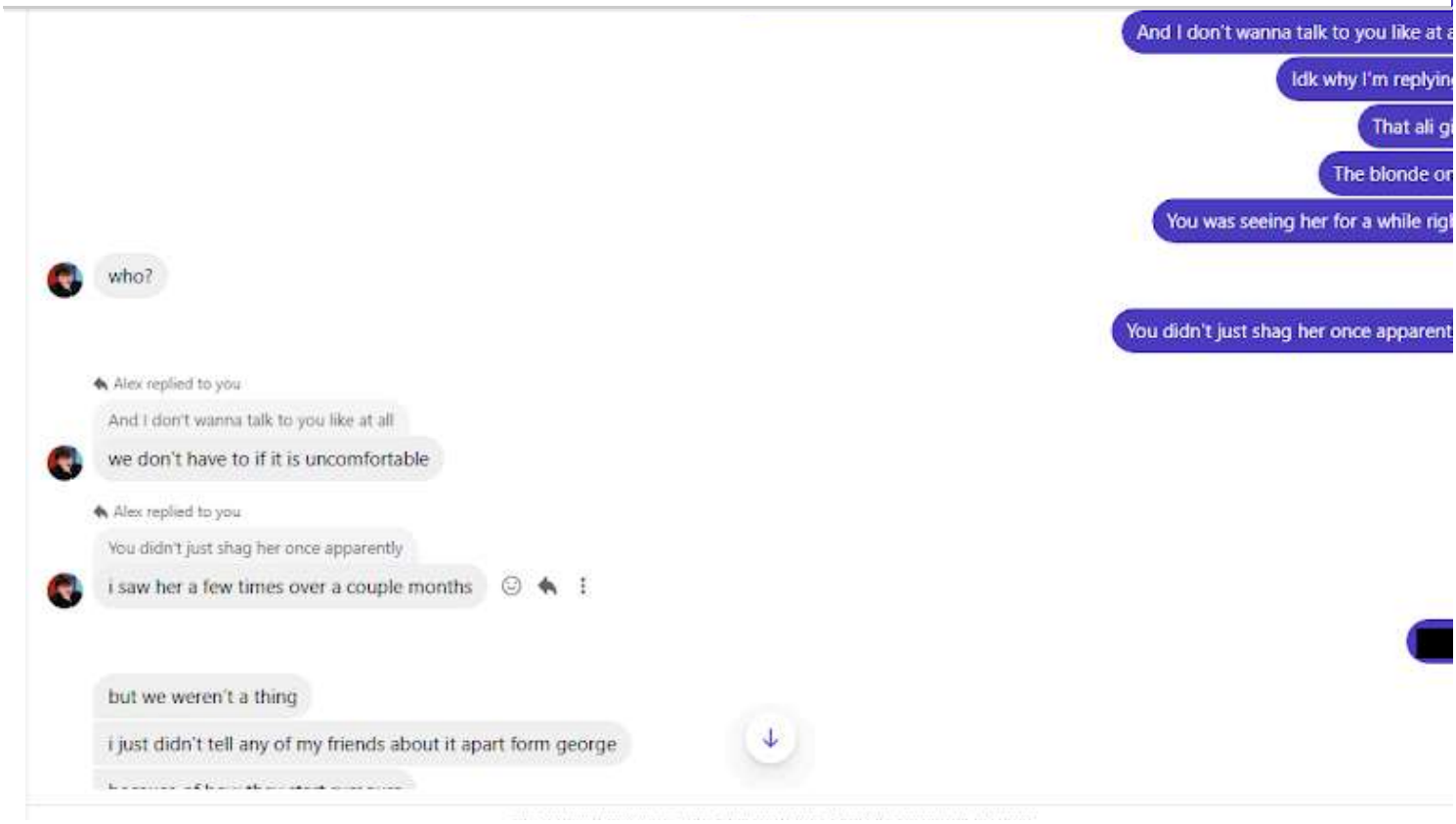
# Response - Read First


I never made you a victim. And no it was never mutual
we had a lot of fights
We did. And you was horrible in every on
I didn't frighten you to the point of ptsd in every argumer
and a lot happened that i'm sure we both regret
You said I used to hit yo
no i didn't say that
And that you sent me messages to Sue m
no i didn't say that
i said i took legal advice, i didn't tell them who that with and i told them so they wouldn't ask me again
Alex unsent a message
i wanted them to stop asking me
cause it was breaking me
talking about us
Ofc not, the legal advice you'd get would be "you did this bro wyd

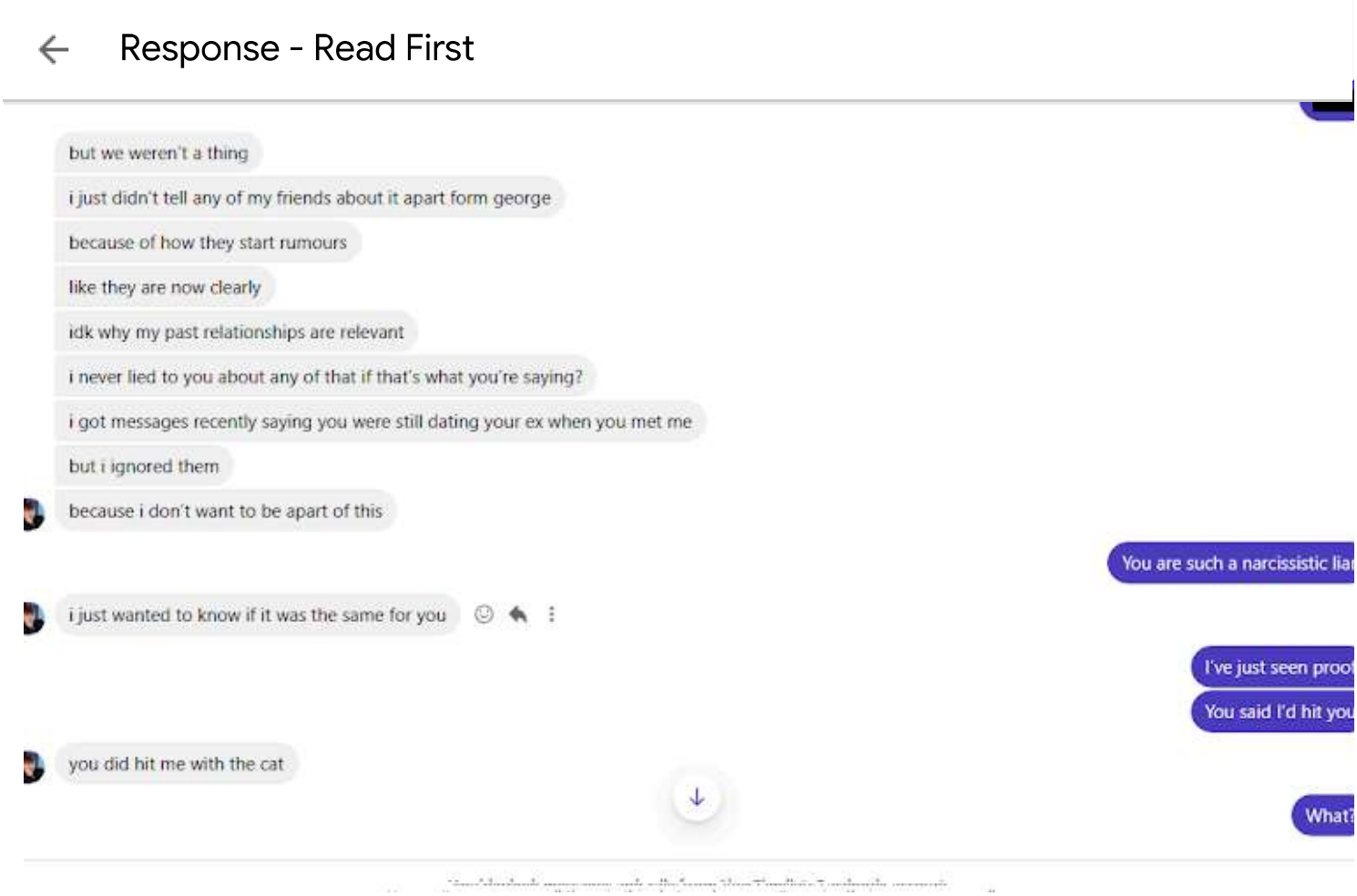
# Response - Read First


It's got aroun
From people ide
And that's just fro
yeah my discord friends i would assume because they came to me from those same conversations
i wanted to clear the air
so you know i'm not talking about you
and i couldn't be
because i don't talk to anyone online
and i haven't replied to any messages about it because i know rumours go around
Disregarding anything I've ever said, people have still been talking out of their own situations, even about us
and you'd think i'm shit talking you
what do you mean?
oh wait i do know who now
People won't name names heard what you'd say to me over calls. So that's been going around.
And I don't wanna talk to you like at a
You've blocked messages and calls from Alex Elmslie's Facebook account

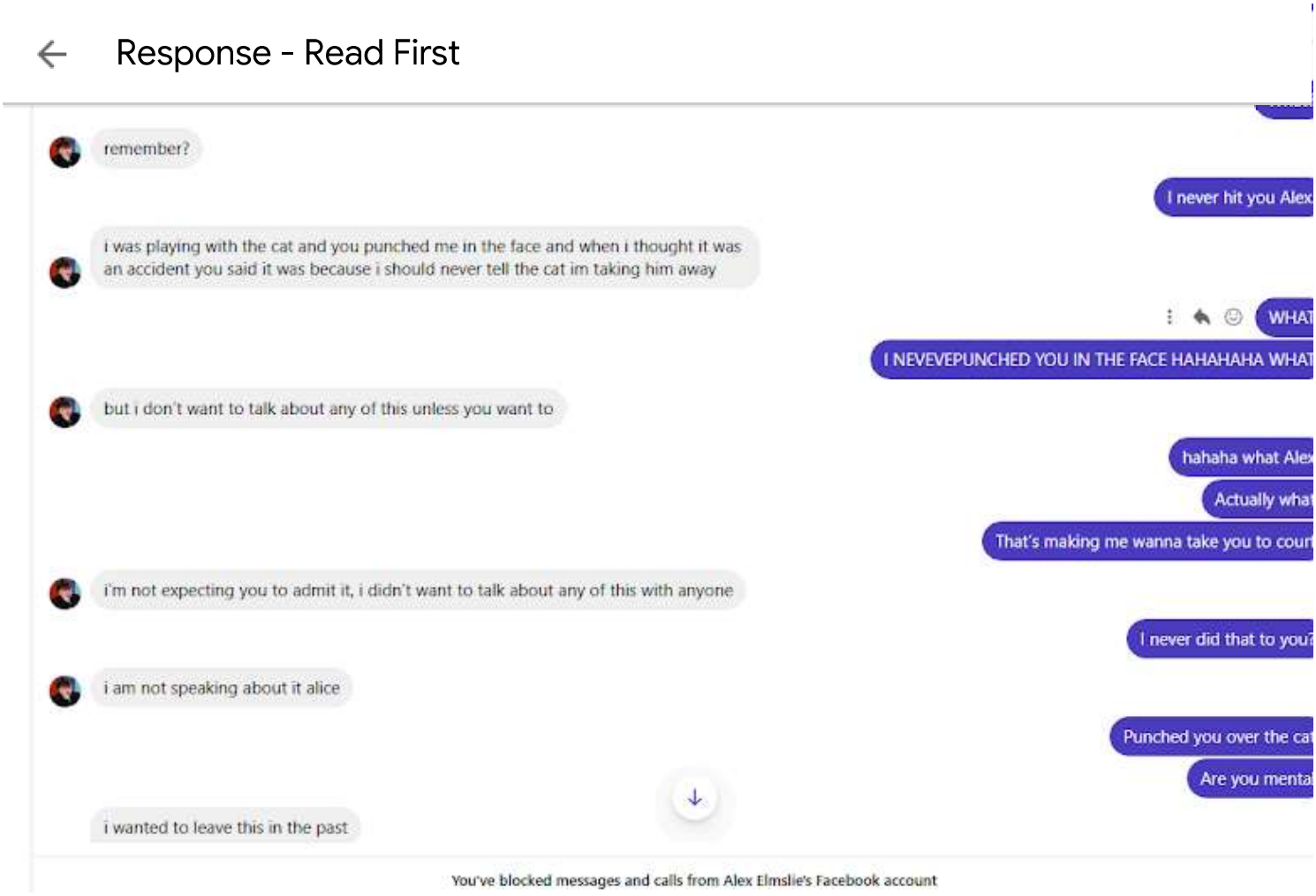
# Response - Read First


And I don't wanna talk to you like at
Idk why I'm replyin
That ali g
The blonde or
You was seeing her for a while rig
who?
You didn't just shag her once apparent
Alex replied to you
And I don't wanna talk to you like at all
we don't have to if it is uncomfortable
Alex replied to you
You didn't just shag her once apparently
i saw her a few times over a couple months
but we weren't a thing
i just didn't tell any of my friends about it apart form george

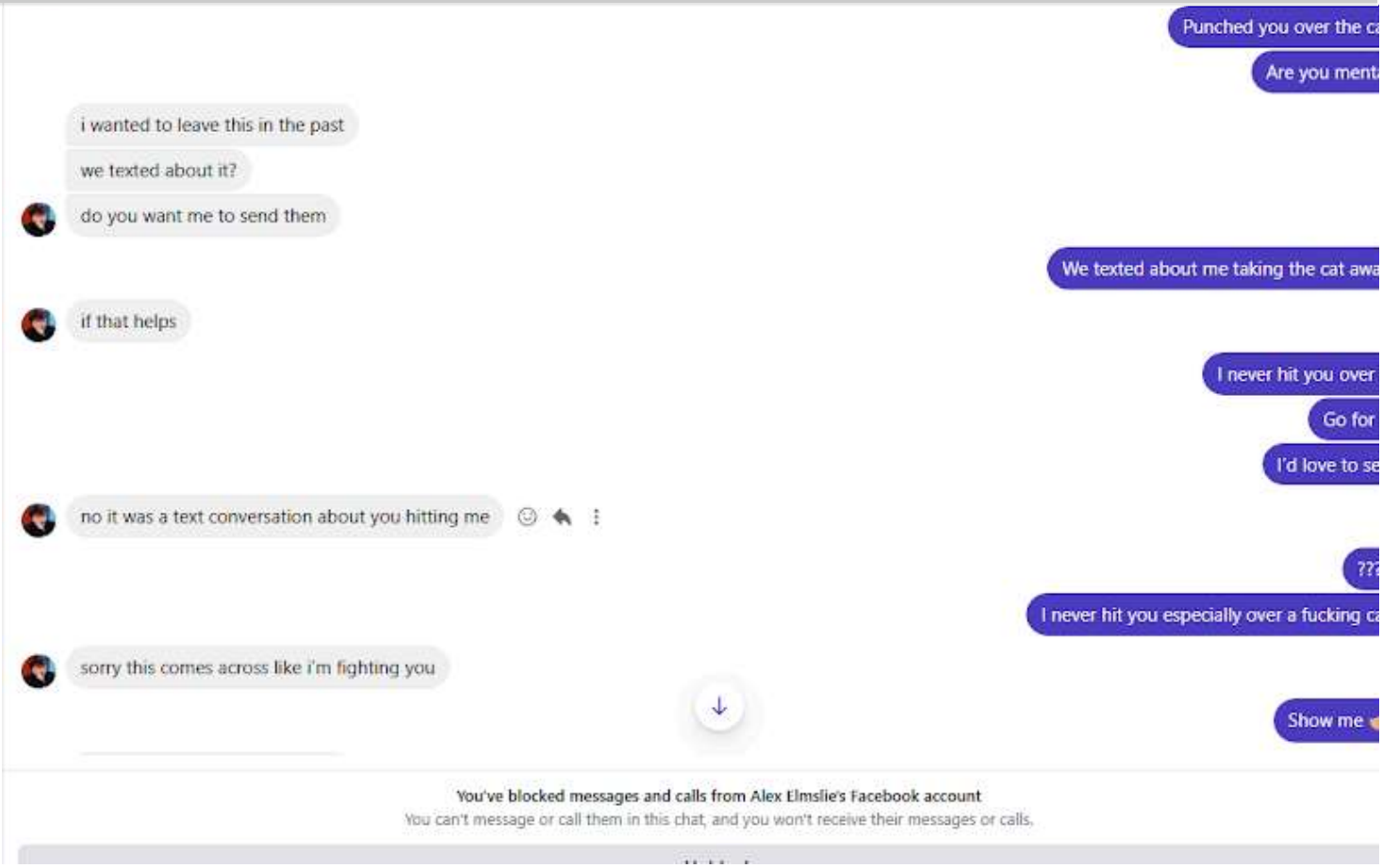
# Response - Read First


but we weren't a thing
i just didn't tell any of my friends about it apart form george
because of how they start rumours
like they are now clearly
idk why my past relationships are relevant
i never lied to you about any of that if that's what you're saying?
i got messages recently saying you were still dating your ex when you met me
but i ignored them
because i don't want to be apart of this
You are such a narcissistic lia
i just wanted to know if it was the same for you
I've just seen proo
You said I'd hit you
you did hit me with the cat
What?

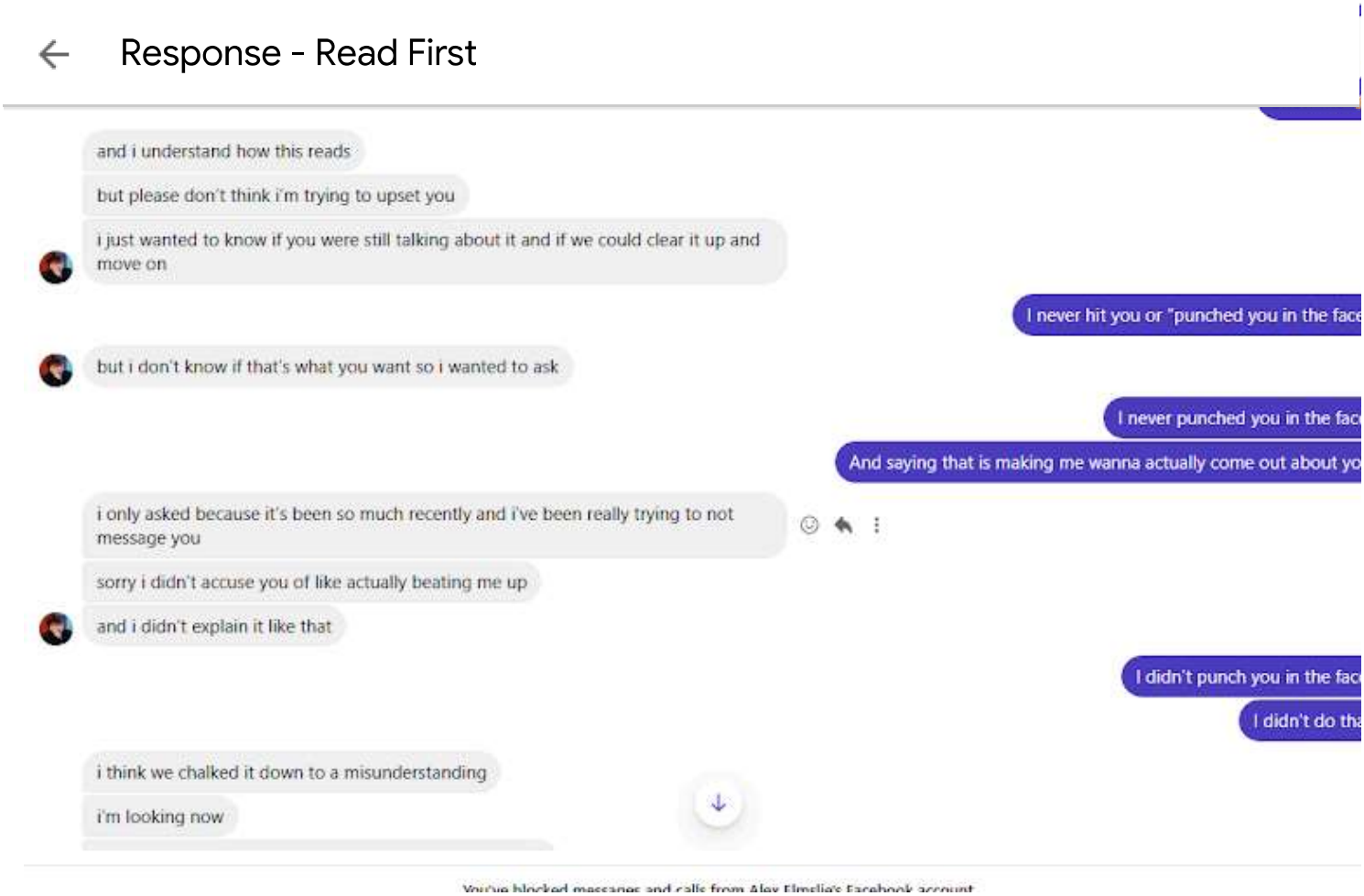
# Response - Read First


remember?
I never hit you Alex
i was playing with the cat and you punched me in the face and when i thought it was an accident you said it was because i should never tell the cat im taking him away
WHAT
I NEVEVEPUNCHED YOU IN THE FACE HAHAHAHA WHAT
but i don't want to talk about any of this unless you want to
hahaha what Alex
Actually what
That's making me wanna take you to court
i'm not expecting you to admit it, i didn't want to talk about any of this with anyone
I never did that to you
i am not speaking about it alice
Punched you over the cat
Are you mental
i wanted to leave this in the past
You've blocked messages and calls from Alex Elmslie's Facebook account

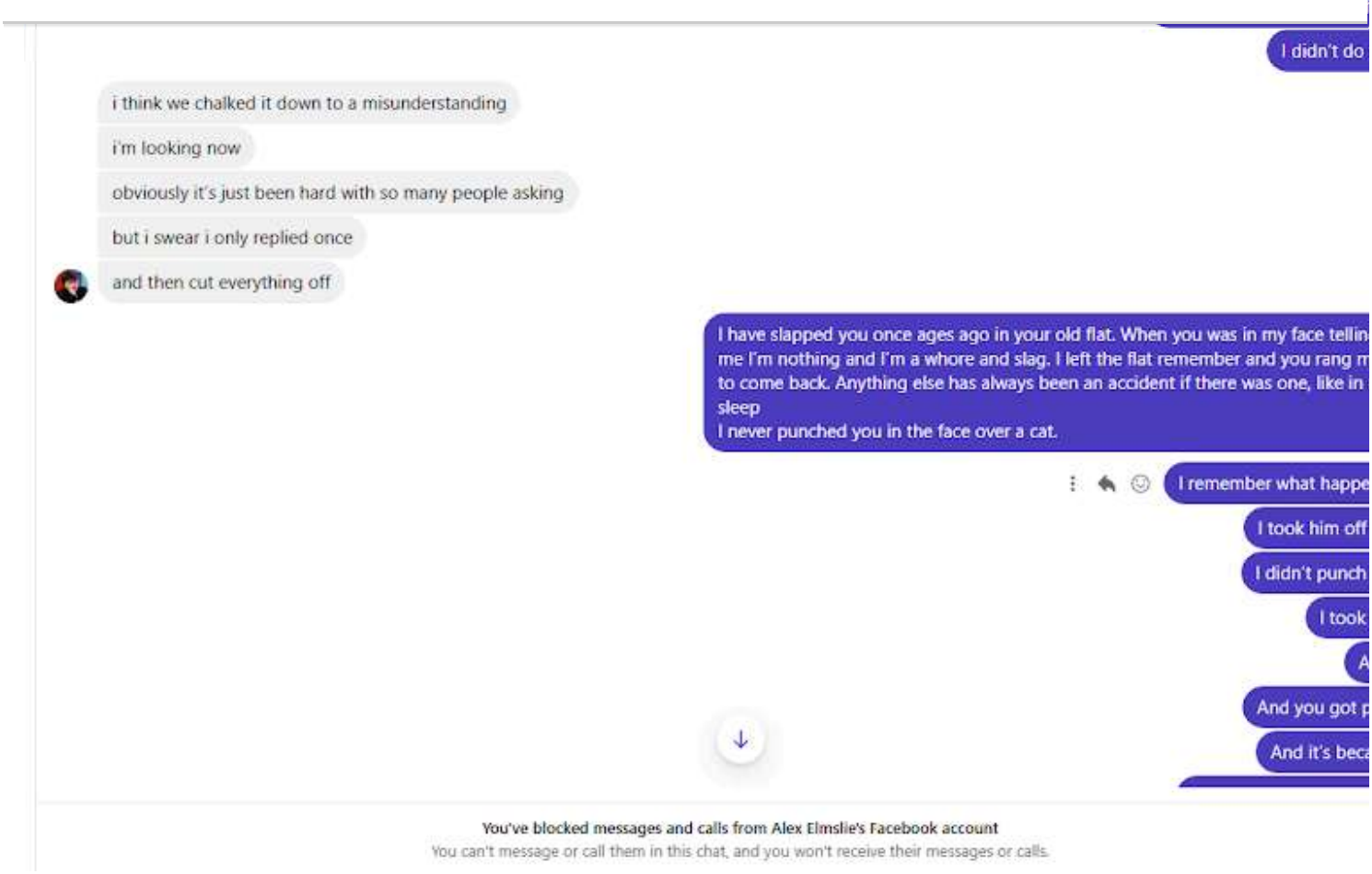
# Response - Read First


Punched you over the c
Are you ment
i wanted to leave this in the past
we texted about it?
do you want me to send them
We texted about me taking the cat awa
if that helps
I never hit you over
Go for
I'd love to se
no it was a text conversation about you hitting me
???
I never hit you especially over a fucking c
sorry this comes across like i'm fighting you
Show me
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

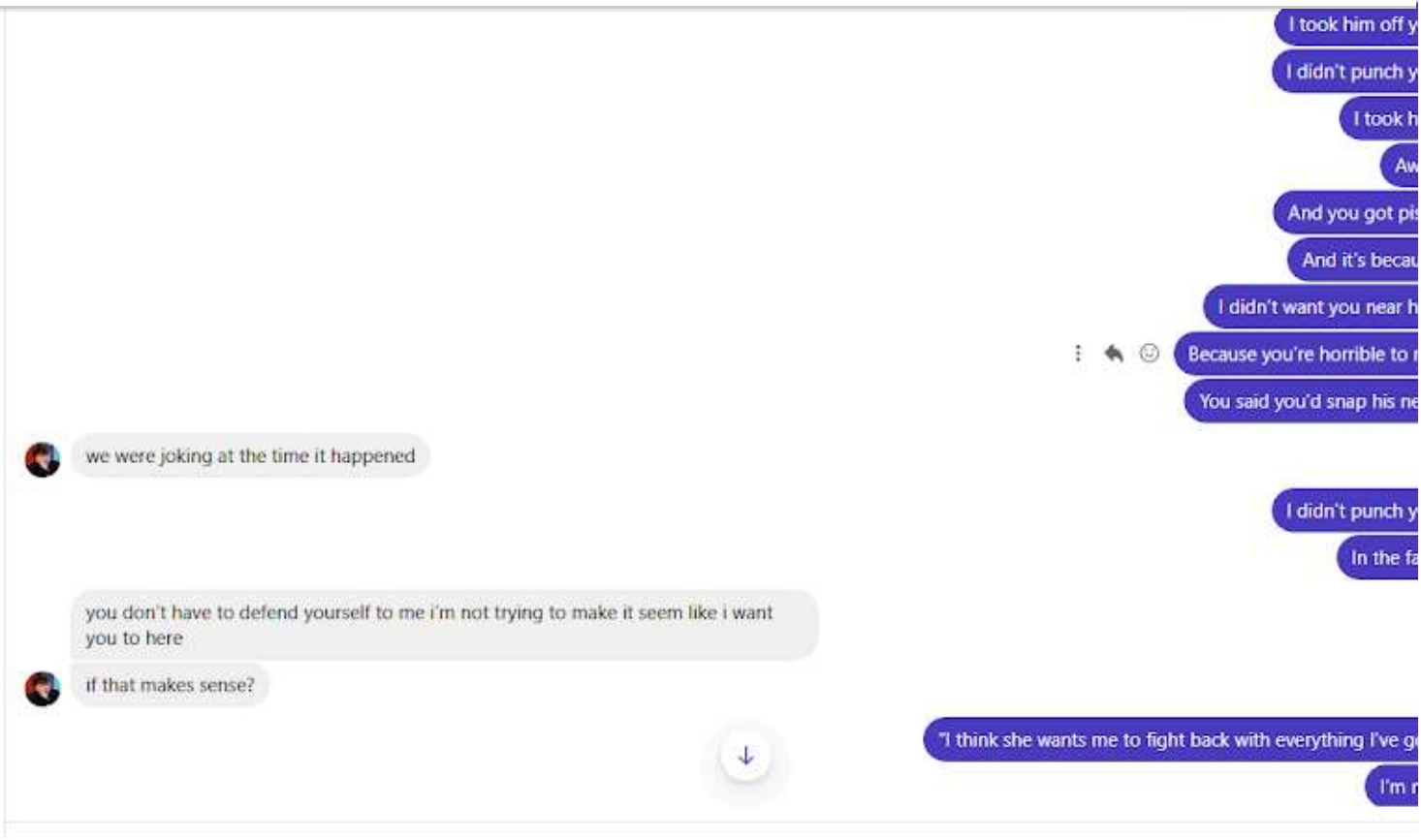
# Response - Read First


and i understand how this reads
but please don't think i'm trying to upset you
i just wanted to know if you were still talking about it and if we could clear it up and move on
I never hit you or "punched you in the face
but i don't know if that's what you want so i wanted to ask
I never punched you in the fac
And saying that is making me wanna actually come out about yo
i only asked because it's been so much recently and i've been really trying to not message you
sorry i didn't accuse you of like actually beating me up
and i didn't explain it like that
I didn't punch you in the fac
I didn't do tha
i think we chalked it down to a misunderstanding
i'm looking now
You've blocked messages and calls from Alex Elmslie's Facebook account

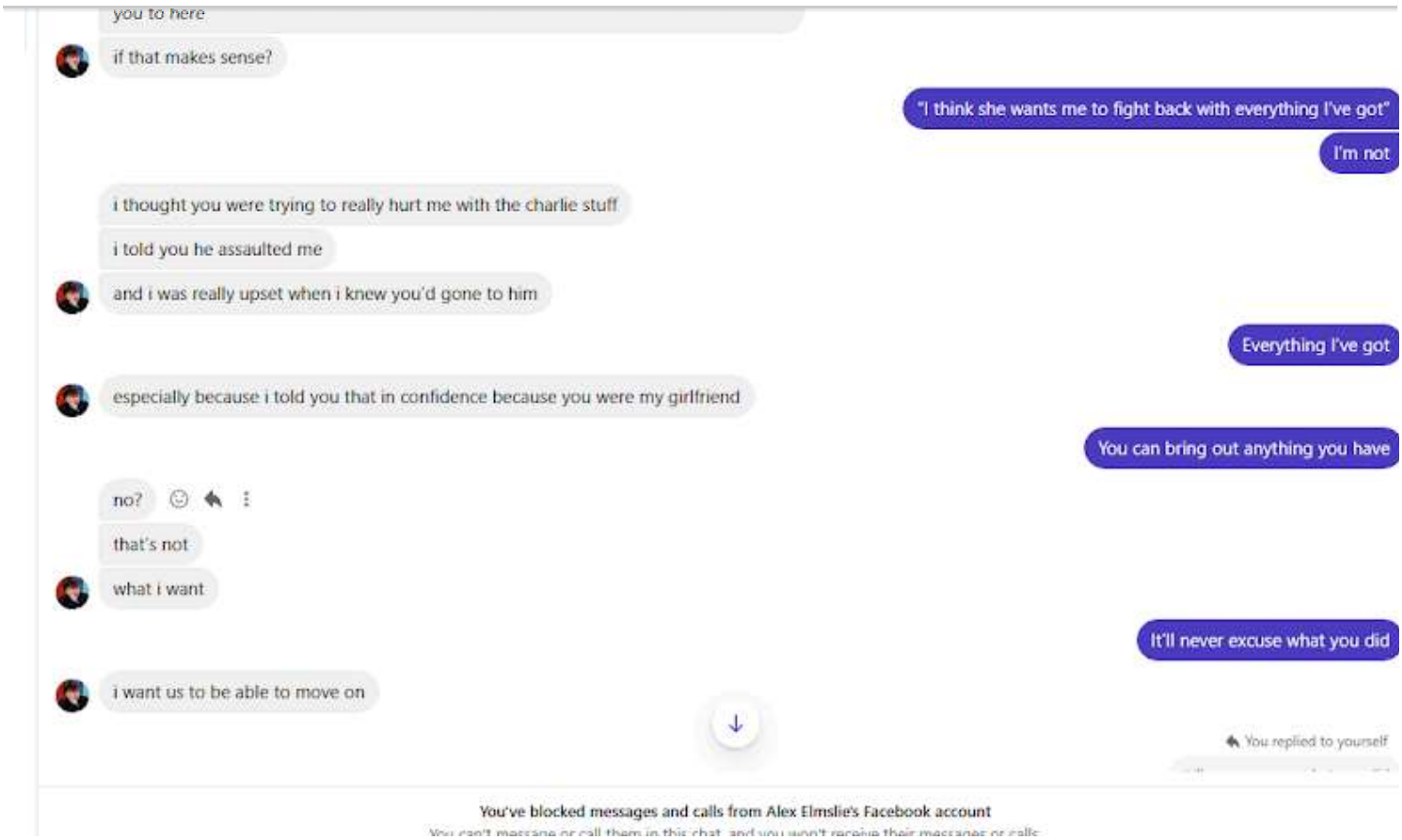
# Response - Read First


I didn't do
i think we chalked it down to a misunderstanding
i'm looking now
obviously it's just been hard with so many people asking
but i swear i only replied once
and then cut everything off
I have slapped you once ages ago in your old flat. When you was in my face tellin
me I'm nothing and I'm a whore and slag. I left the flat remember and you rang m
to come back. Anything else has always been an accident if there was one, like in
sleep
I never punched you in the face over a cat.
I remember what happe
I took him off
I didn't punch
I took
And you got
And it's beca
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

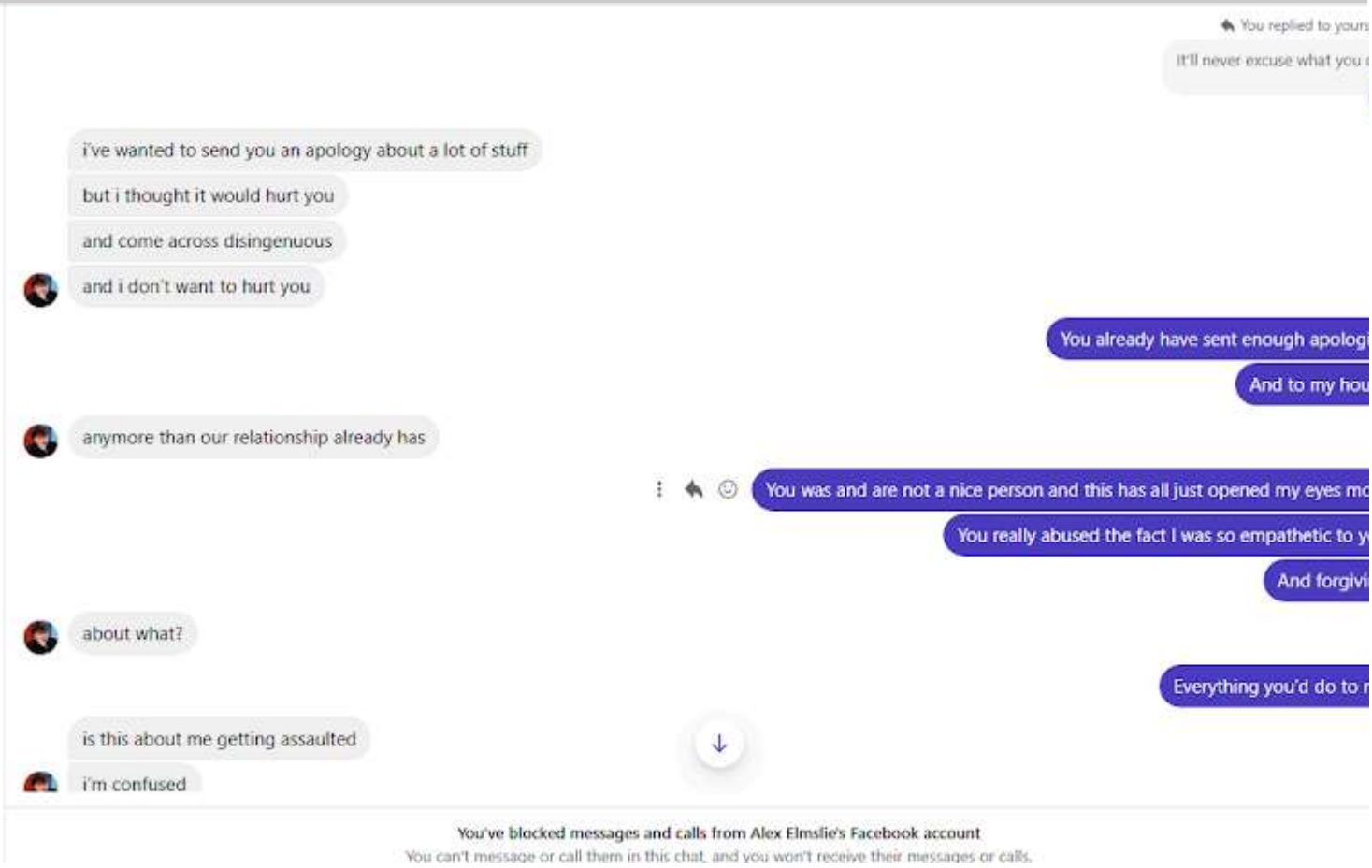
# Response - Read First


I took him off y
I didn't punch y
I took h
Aw
And you got pi
And it's becau
I didn't want you near h
Because you're horrible to
You said you'd snap his ne
we were joking at the time it happened
I didn't punch y
In the fa
you don't have to defend yourself to me i'm not trying to make it seem like i want you to here
if that makes sense?
"I think she wants me to fight back with everything I've g
I'm

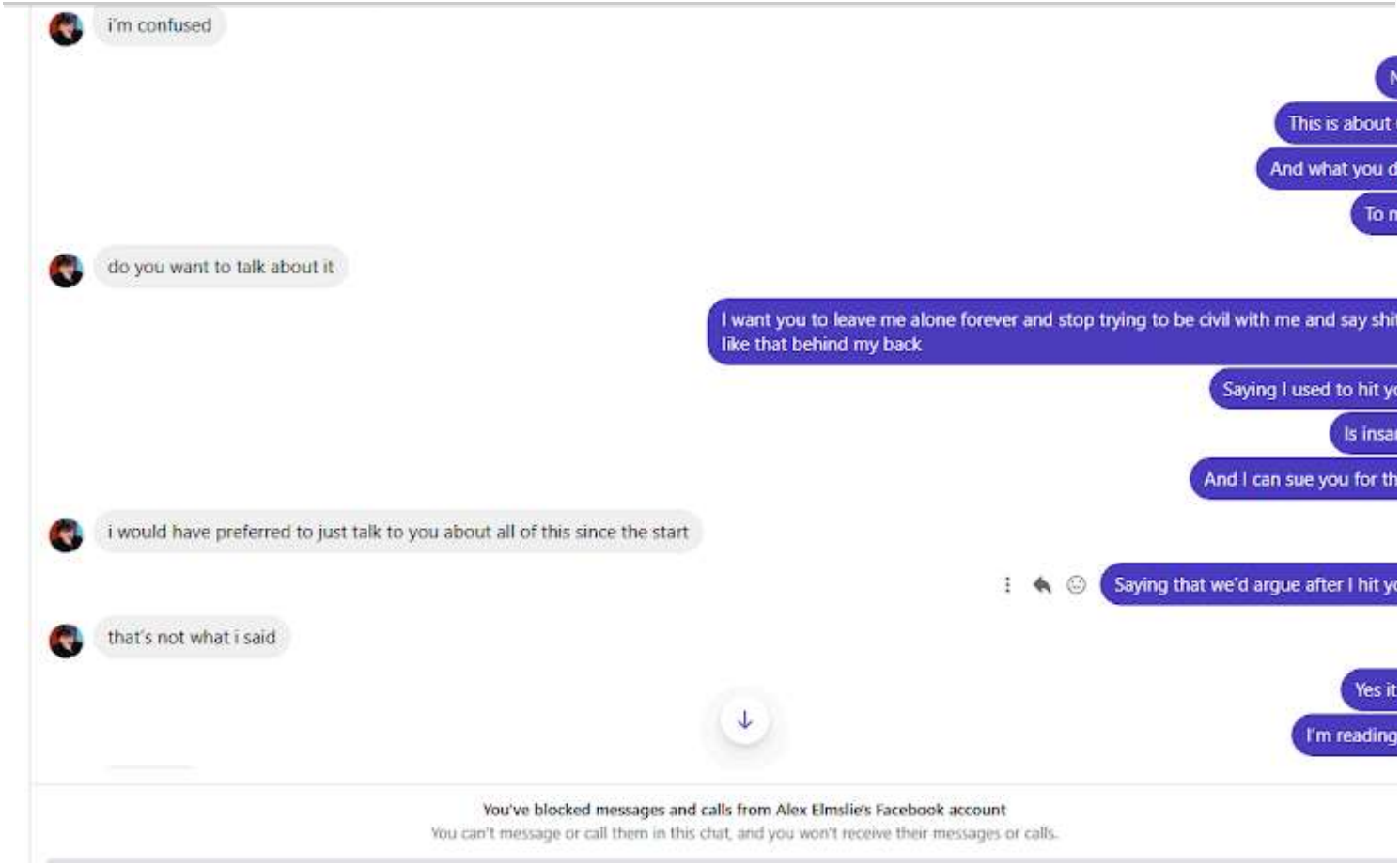
# Response - Read First


you to here
if that makes sense?
"I think she wants me to fight back with everything I've got"
I'm not
i thought you were trying to really hurt me with the charlie stuff
i told you he assaulted me
and i was really upset when i knew you'd gone to him
Everything I've got
especially because i told you that in confidence because you were my girlfriend
You can bring out anything you have
no?
that's not
what i want
It'll never excuse what you did
i want us to be able to move on
You replied to yourself
You've blocked messages and calls from Alex Elmslie's Facebook account

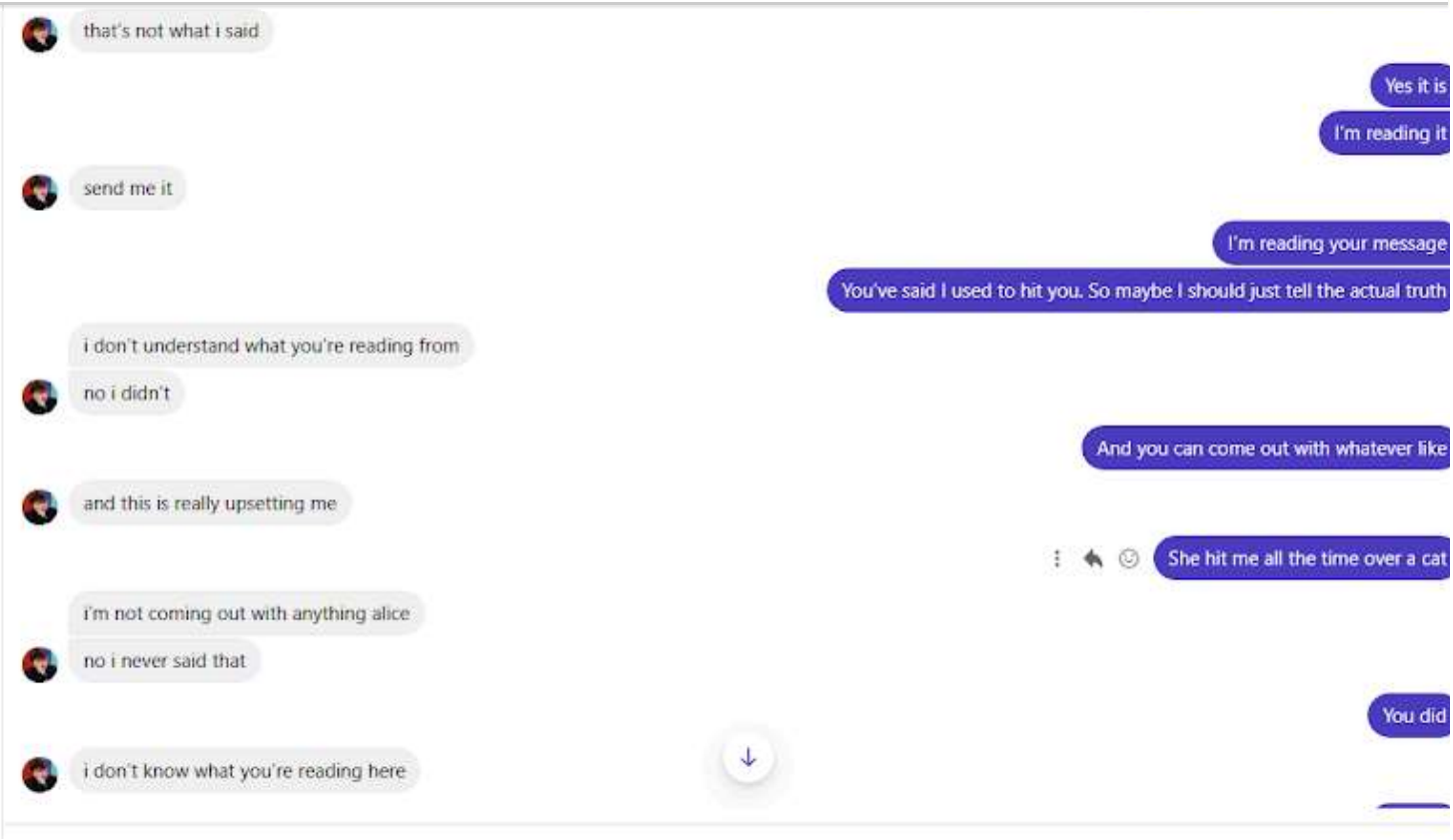
# Response - Read First


You replied to yours
It'll never excuse what you
i've wanted to send you an apology about a lot of stuff
but i thought it would hurt you
and come across disingenuous
and i don't want to hurt you
You already have sent enough apologi
And to my hou
anymore than our relationship already has
You was and are not a nice person and this has all just opened my eyes mo
You really abused the fact I was so empathetic to y
And forgivi
about what?
Everything you'd do to
is this about me getting assaulted
i'm confused
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

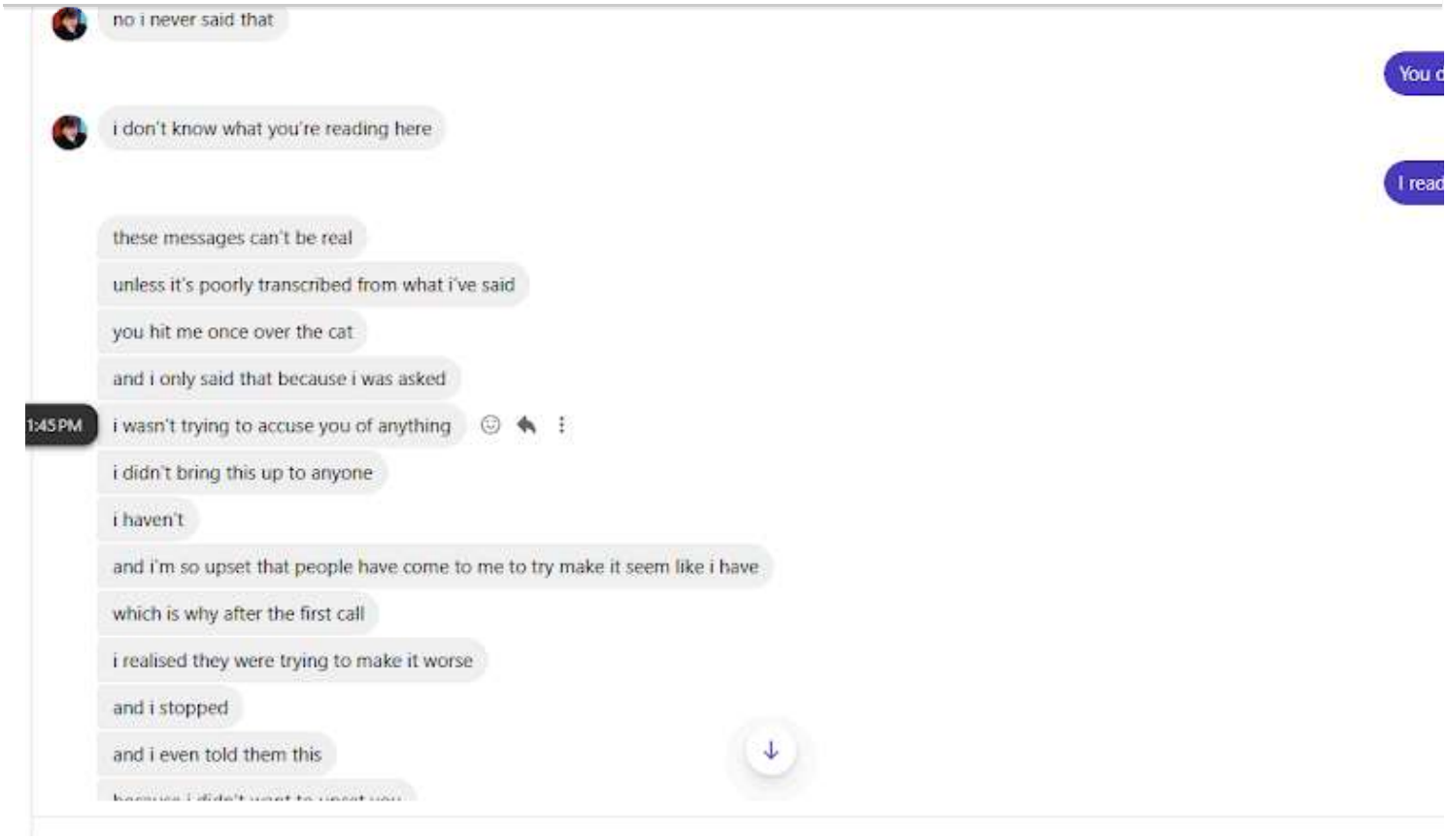
# Response - Read First


i'm confused
This is about
And what you d
To
do you want to talk about it
I want you to leave me alone forever and stop trying to be civil with me and say shi
like that behind my back
Saying I used to hit y
Is insa
And I can sue you for th
i would have preferred to just talk to you about all of this since the start
Saying that we'd argue after I hit y
that's not what i said
Yes it
I'm reading
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

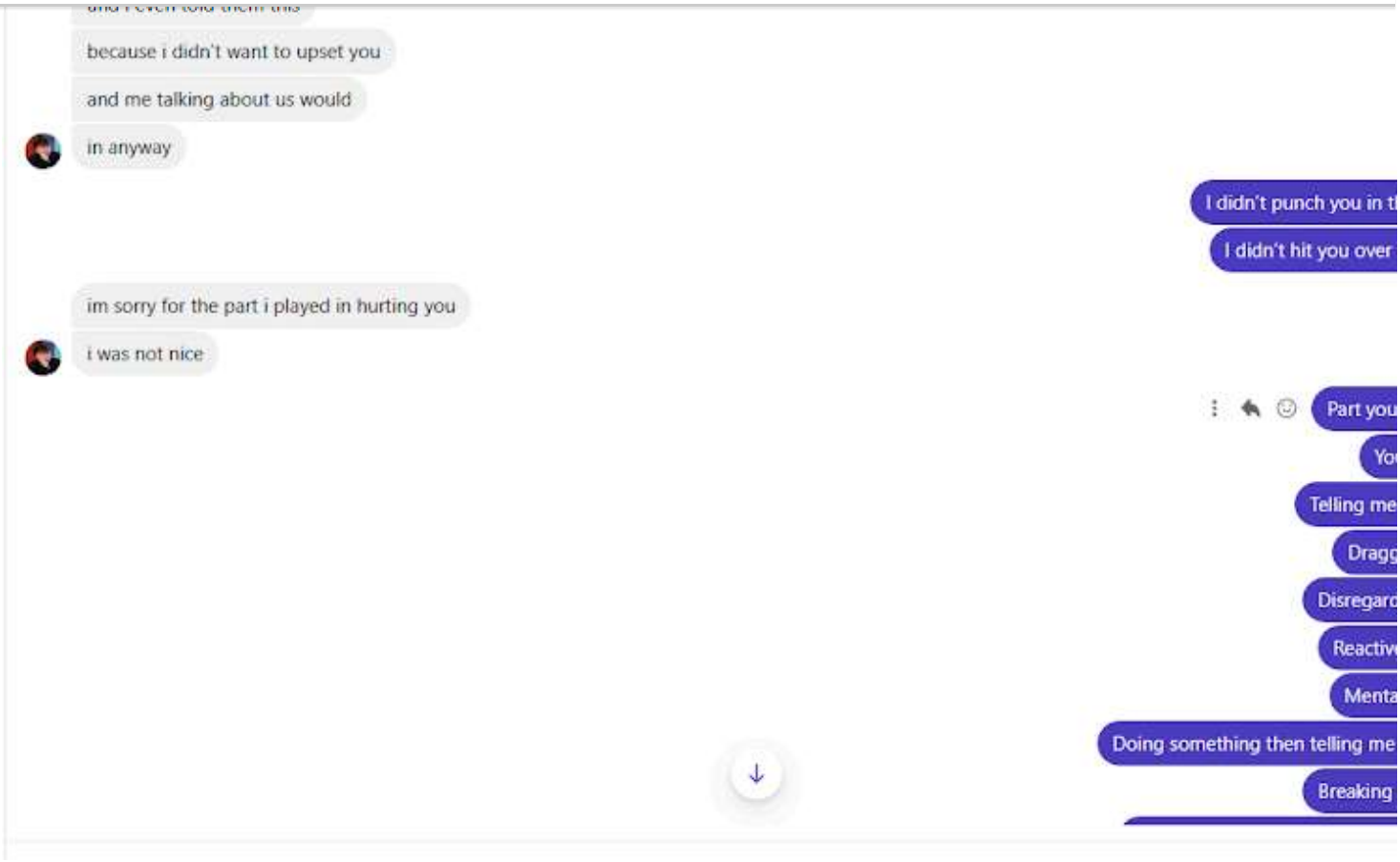
# Response - Read First


that's not what i said
Yes it is
I'm reading it
send me it
I'm reading your message
You've said I used to hit you. So maybe I should just tell the actual truth
i don't understand what you're reading from
no i didn't
And you can come out with whatever like
and this is really upsetting me
She hit me all the time over a cat
i'm not coming out with anything alice
no i never said that
You did
i don't know what you're reading here

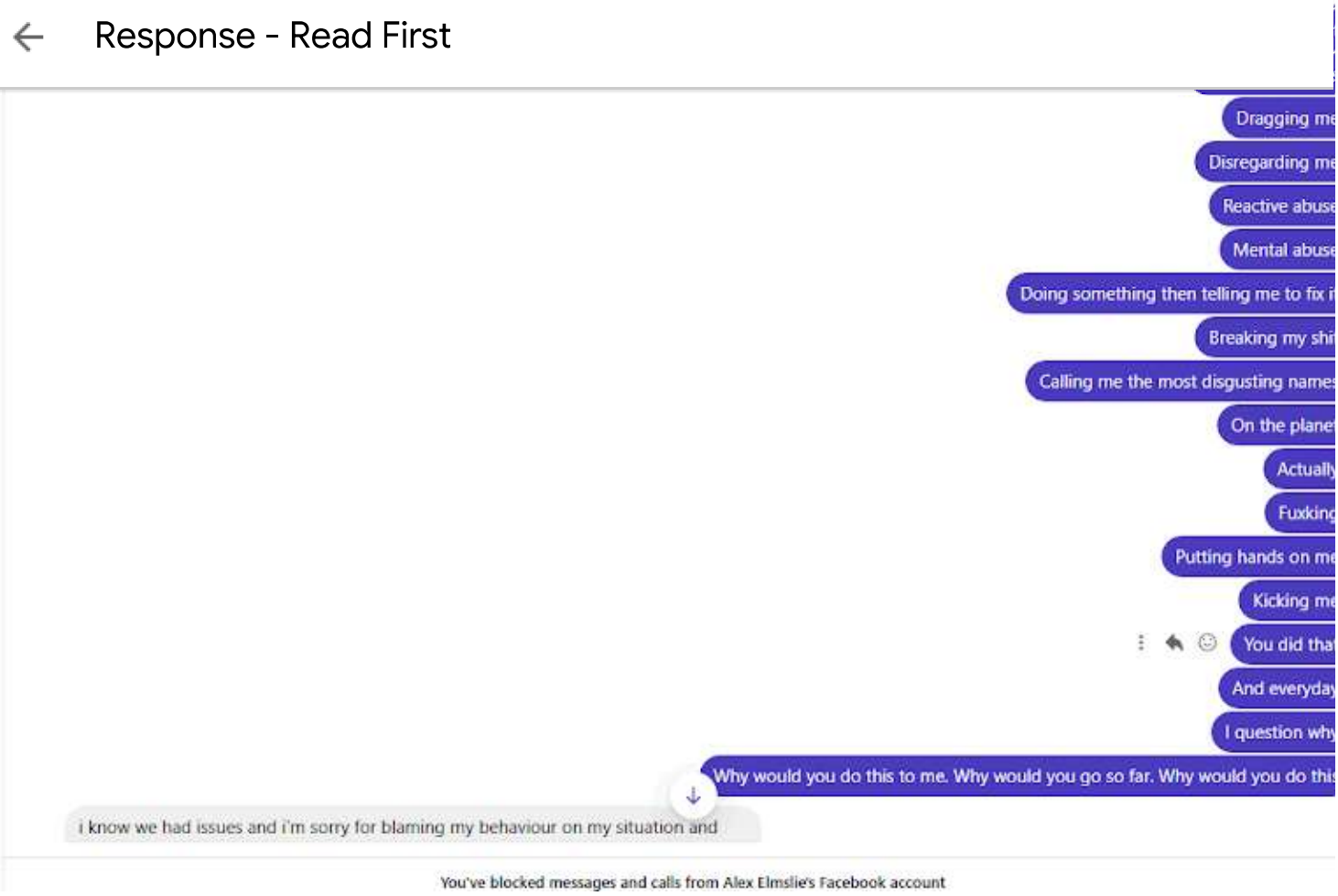
# Response - Read First


no i never said that
You c
i don't know what you're reading here
I read
these messages can't be real
unless it's poorly transcribed from what i've said
you hit me once over the cat
and i only said that because i was asked
1:45 PM
i wasn't trying to accuse you of anything
i didn't bring this up to anyone
i haven't
and i'm so upset that people have come to me to try make it seem like i have
which is why after the first call
i realised they were trying to make it worse
and i stopped
and i even told them this

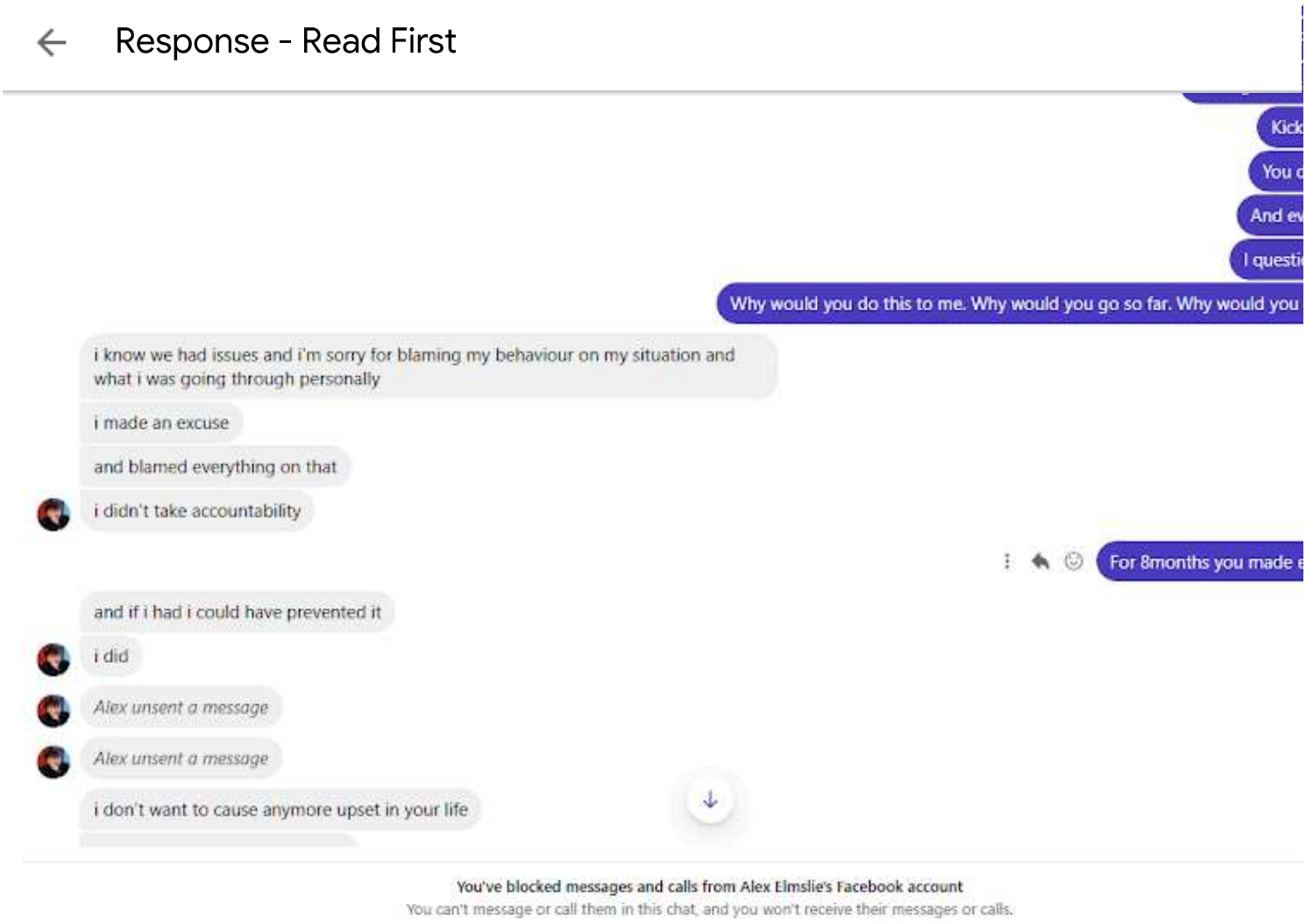
# Response - Read First



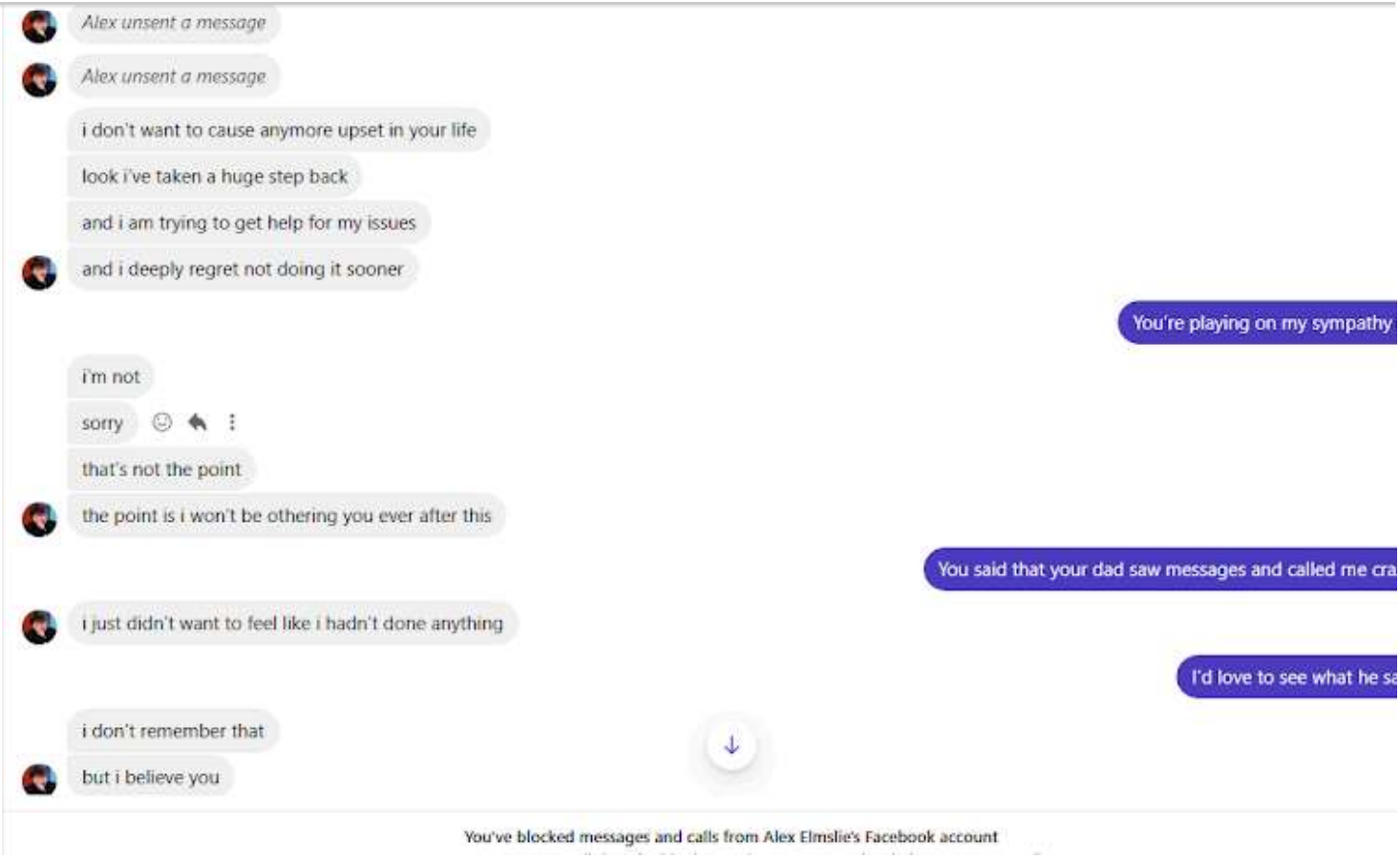
# Response - Read First


Dragging me
Disregarding me
Reactive abuse
Mental abuse
Doing something then telling me to fix i
Breaking my shi
Calling me the most disgusting names
On the plane
Actually
Fuxking
Putting hands on me
Kicking me
You did tha
And everyday
I question why
Why would you do this to me. Why would you go so far. Why would you do this
i know we had issues and i'm sorry for blaming my behaviour on my situation and
You've blocked messages and calls from Alex Elmslie's Facebook account

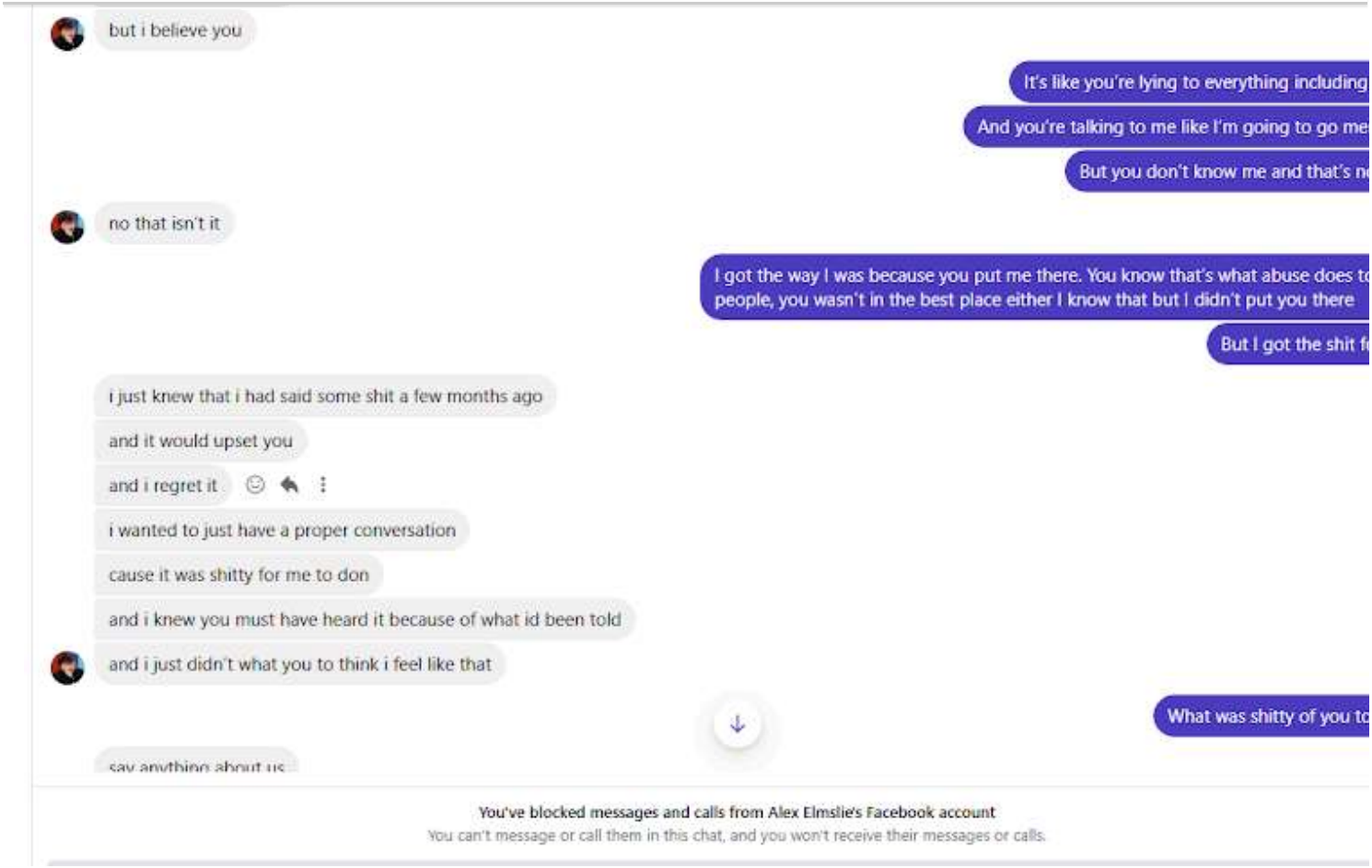
# Response - Read First


Kick
You
And ev
I questi
Why would you do this to me. Why would you go so far. Why would you
i know we had issues and i'm sorry for blaming my behaviour on my situation and what i was going through personally
i made an excuse
and blamed everything on that
i didn't take accountability
For 8months you made
and if i had i could have prevented it
i did
Alex unsent a message
Alex unsent a message
i don't want to cause anymore upset in your life
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

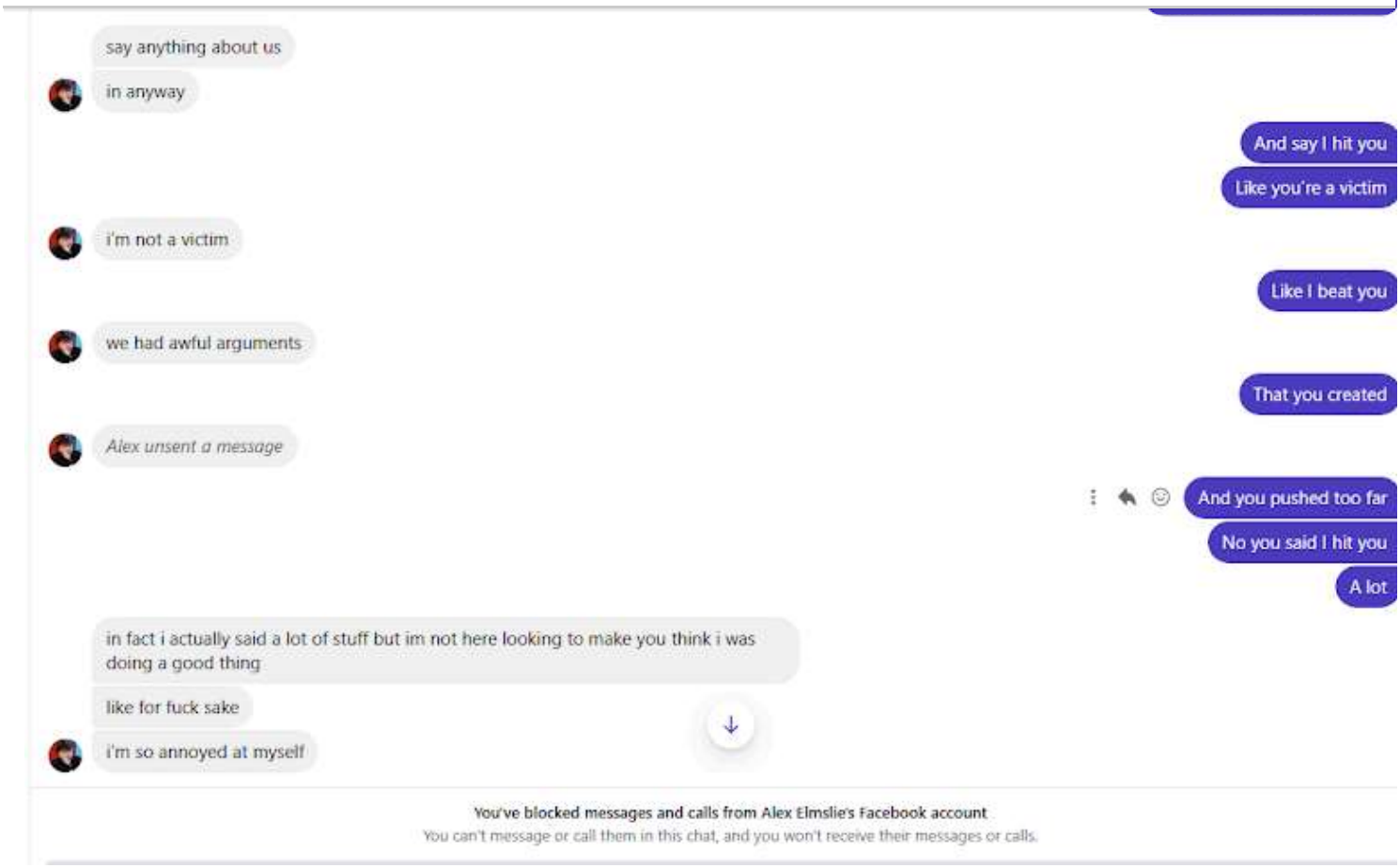
# Response - Read First

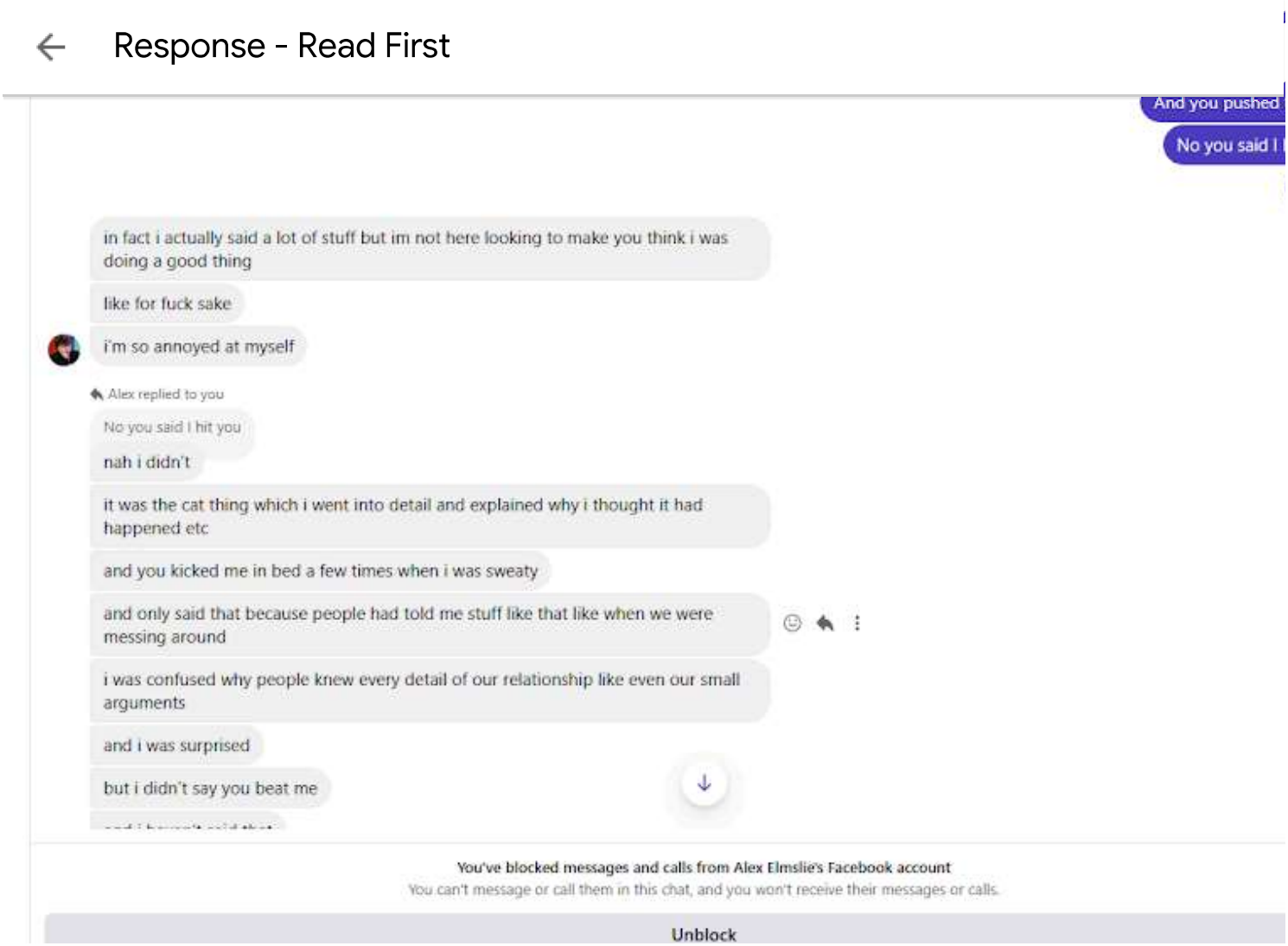

Alex unsent a message
Alex unsent a message
i don't want to cause anymore upset in your life
look i've taken a huge step back
and i am trying to get help for my issues
and i deeply regret not doing it sooner
You're playing on my sympathy
i'm not
sorry
that's not the point
the point is i won't be othering you ever after this
You said that your dad saw messages and called me cra
i just didn't want to feel like i hadn't done anything
I'd love to see what he sa
i don't remember that
but i believe you
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First


but i believe you
It's like you're lying to everything including
And you're talking to me like I'm going to go me
But you don't know me and that's n
no that isn't it
I got the way I was because you put me there. You know that's what abuse does t
people, you wasn't in the best place either I know that but I didn't put you there
But I got the shit f
i just knew that i had said some shit a few months ago
and it would upset you
and i regret it
i wanted to just have a proper conversation
cause it was shitty for me to don
and i knew you must have heard it because of what id been told
and i just didn't what you to think i feel like that
What was shitty of you t
say anything about us
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

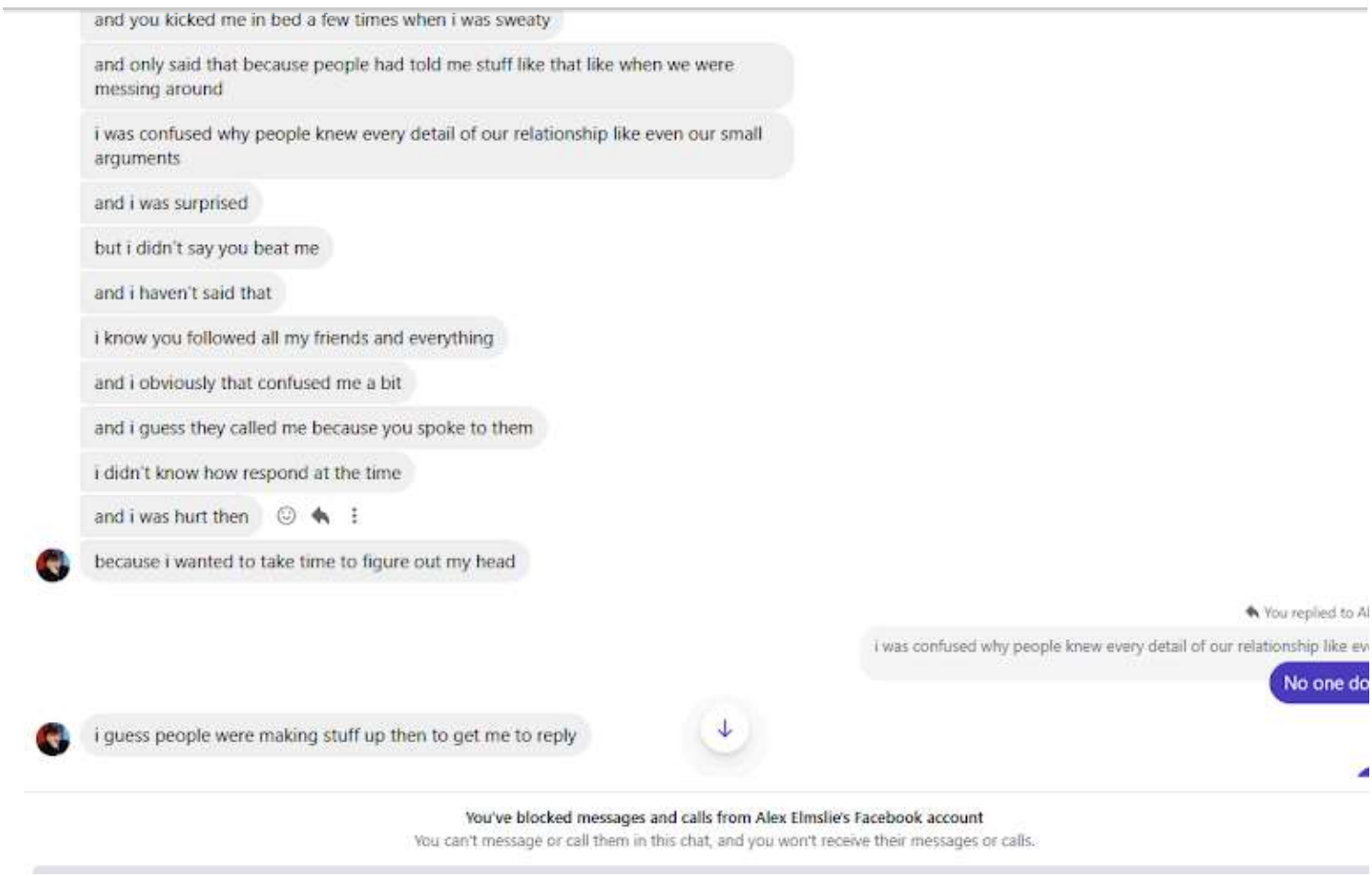
# Response - Read First


say anything about us
in anyway
And say I hit you
Like you're a victim
i'm not a victim
Like I beat you
we had awful arguments
That you created
Alex unsent a message
And you pushed too far
No you said I hit you
A lot
in fact i actually said a lot of stuff but im not here looking to make you think i was doing a good thing
like for fuck sake
i'm so annoyed at myself
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

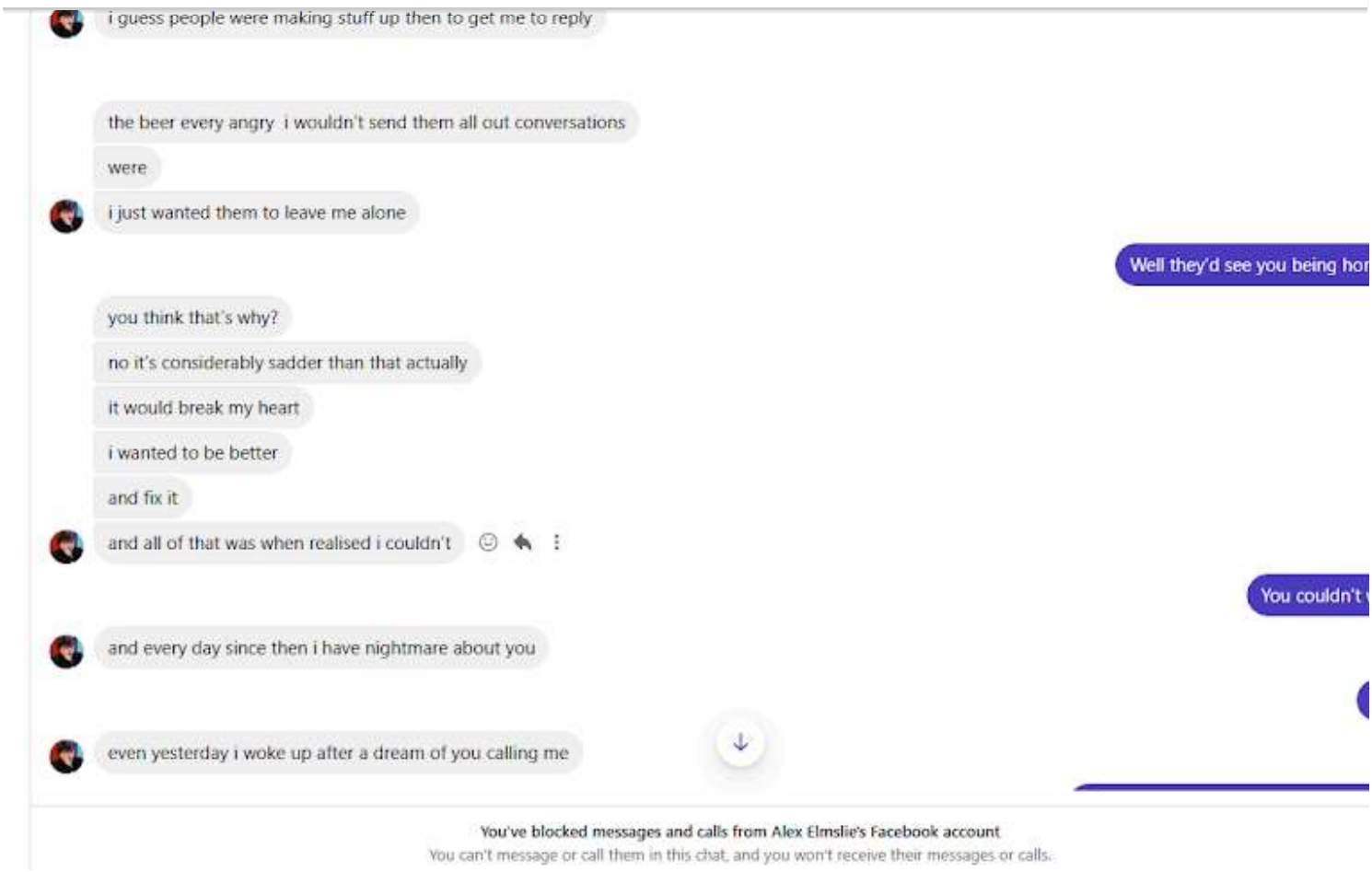

Response - Read First
And you pushed
No you said I
in fact i actually said a lot of stuff but im not here looking to make you think i was doing a good thing
like for fuck sake
i'm so annoyed at myself
Alex replied to you
No you said I hit you
nah i didn't
it was the cat thing which i went into detail and explained why i thought it had happened etc
and you kicked me in bed a few times when i was sweaty
and only said that because people had told me stuff like that like when we were messing around
i was confused why people knew every detail of our relationship like even our small arguments
and i was surprised
but i didn't say you beat me
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.
Unblock

He then says i “kicked him in bed a few times for being sweaty” again a lie that he has now changed into another story claiming kicks in the head and calling him fat, this was the situation where i pushed him off me in bed, yes him being sweaty played part in that and the fact i didn't want him near me after being mean to me in an argument prior. I didn't kick him out of the bed physically, he had gone to sleep downstairs after this.

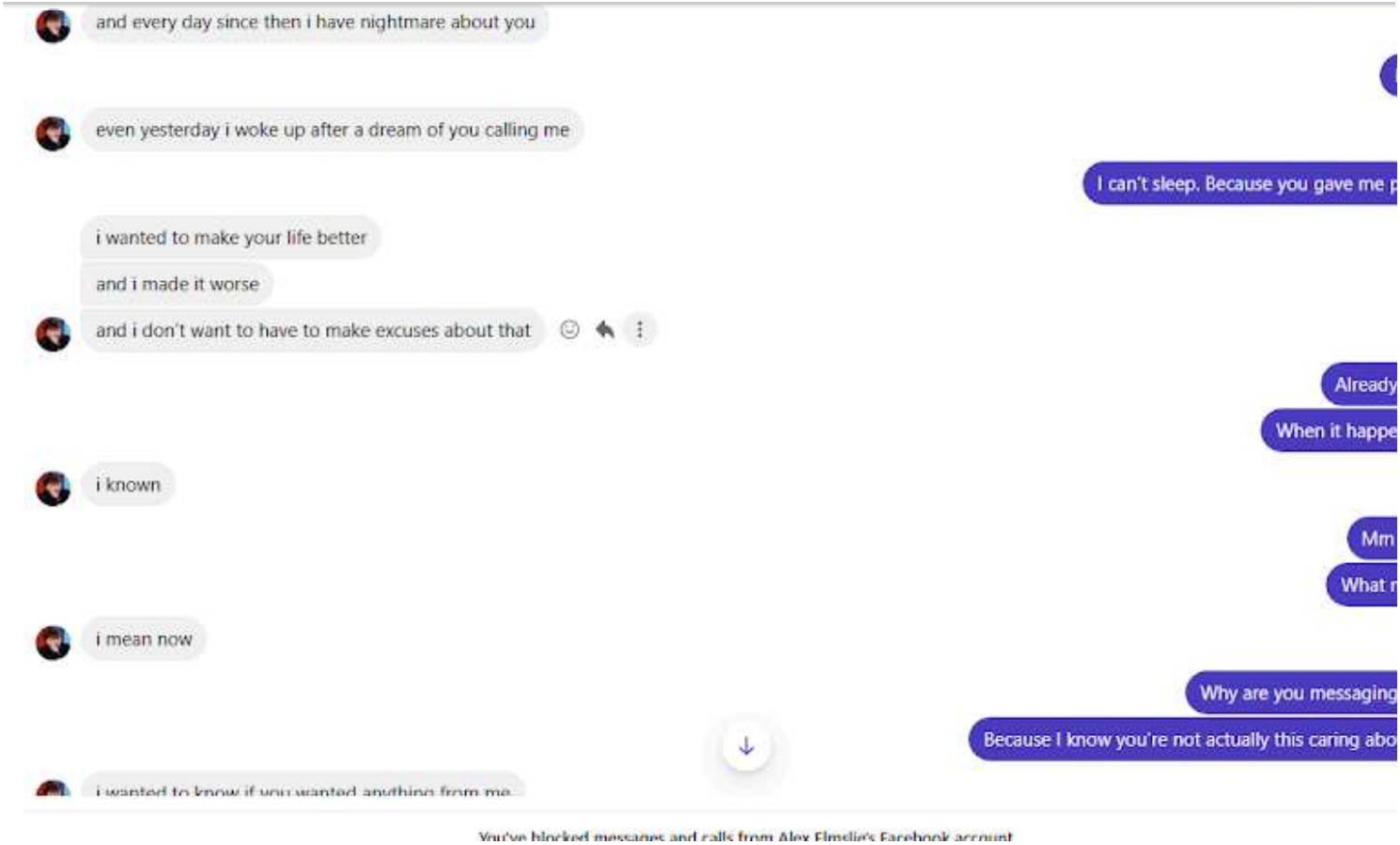
# Response - Read First


and you kicked me in bed a few times when i was sweaty
and only said that because people had told me stuff like that like when we were messing around
i was confused why people knew every detail of our relationship like even our small arguments
and i was surprised
but i didn't say you beat me
and i haven't said that
i know you followed all my friends and everything
and i obviously that confused me a bit
and i guess they called me because you spoke to them
i didn't know how respond at the time
and i was hurt then
because i wanted to take time to figure out my head
You replied to Al
i was confused why people knew every detail of our relationship like ev
No one do
i guess people were making stuff up then to get me to reply
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

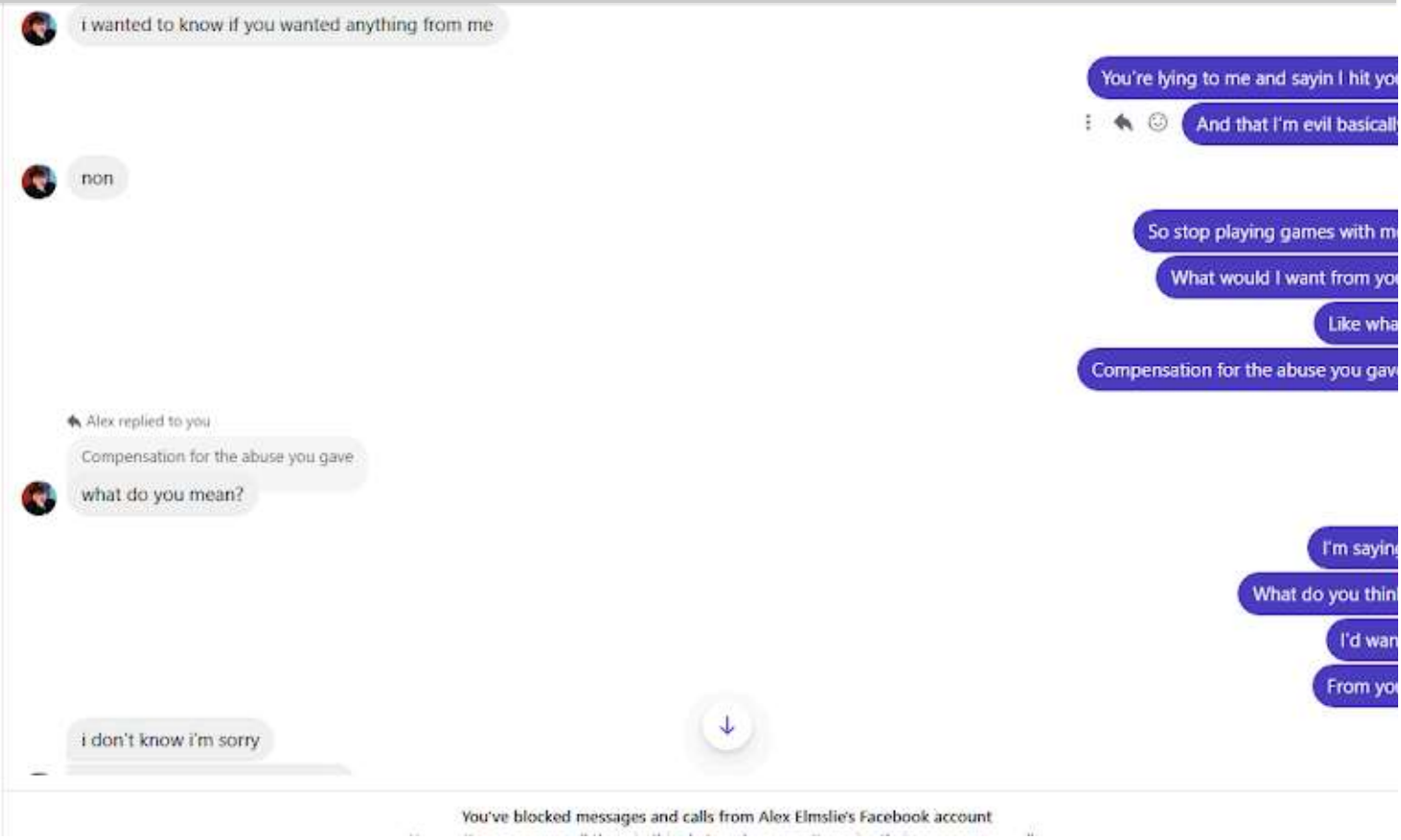
# Response - Read First


i guess people were making stuff up then to get me to reply
the beer every angry i wouldn't send them all out conversations
were
i just wanted them to leave me alone
Well they'd see you being hor
you think that's why?
no it's considerably sadder than that actually
it would break my heart
i wanted to be better
and fix it
and all of that was when realised i couldn't
You couldn't
and every day since then i have nightmare about you
even yesterday i woke up after a dream of you calling me
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

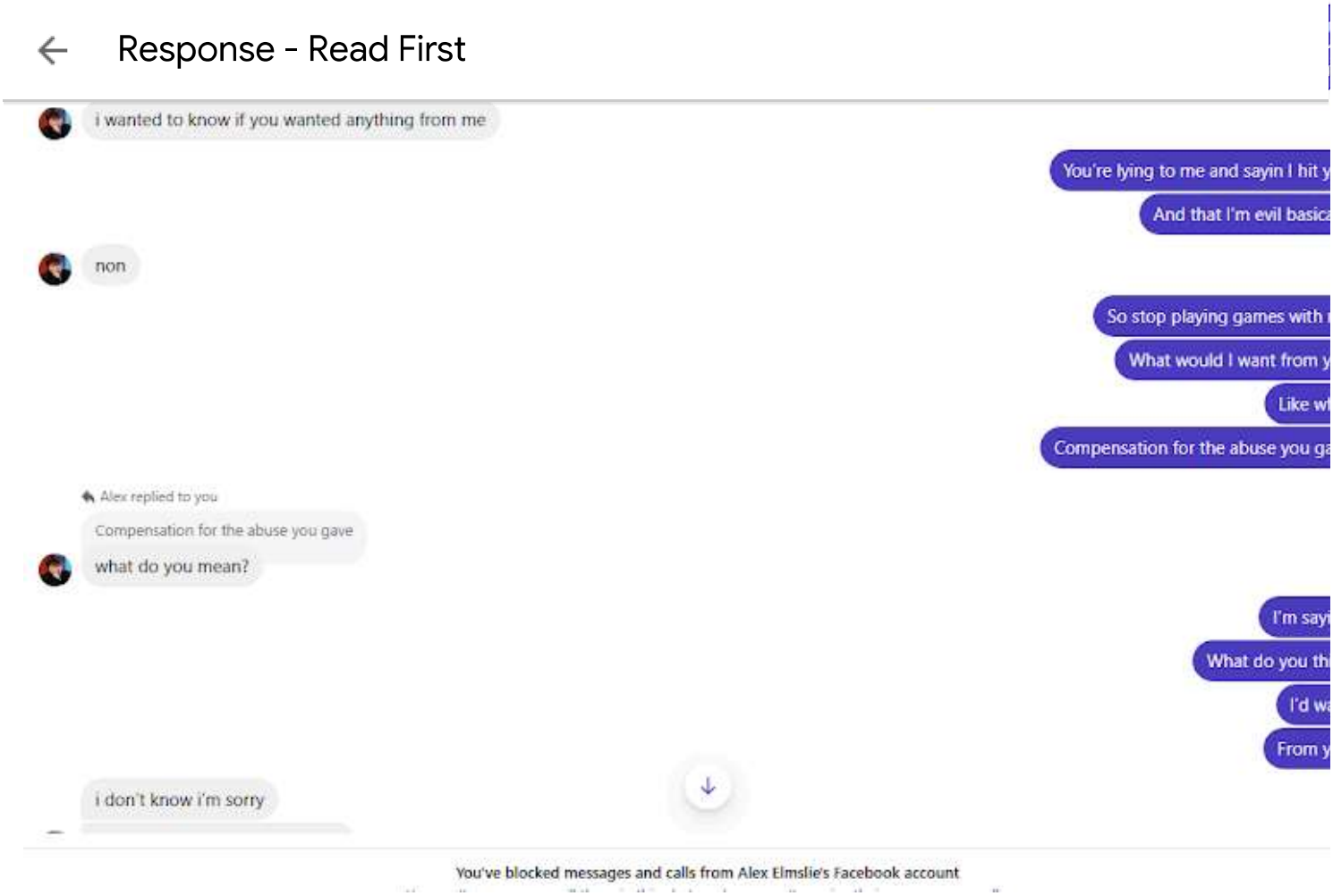
# Response - Read First


and every day since then i have nightmare about you
even yesterday i woke up after a dream of you calling me
I can't sleep. Because you gave me
i wanted to make your life better
and i made it worse
and i don't want to have to make excuses about that
Already
When it happe
i known
Mm
What
i mean now
Why are you messaging
Because I know you're not actually this caring abo
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First


i wanted to know if you wanted anything from me
You're lying to me and sayin I hit yo
And that I'm evil basicall
non
So stop playing games with m
What would I want from yo
Like wha
Compensation for the abuse you gav
Alex replied to you
Compensation for the abuse you gave
what do you mean?
I'm sayin
What do you thin
I'd wan
From yo
i don't know i'm sorry
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First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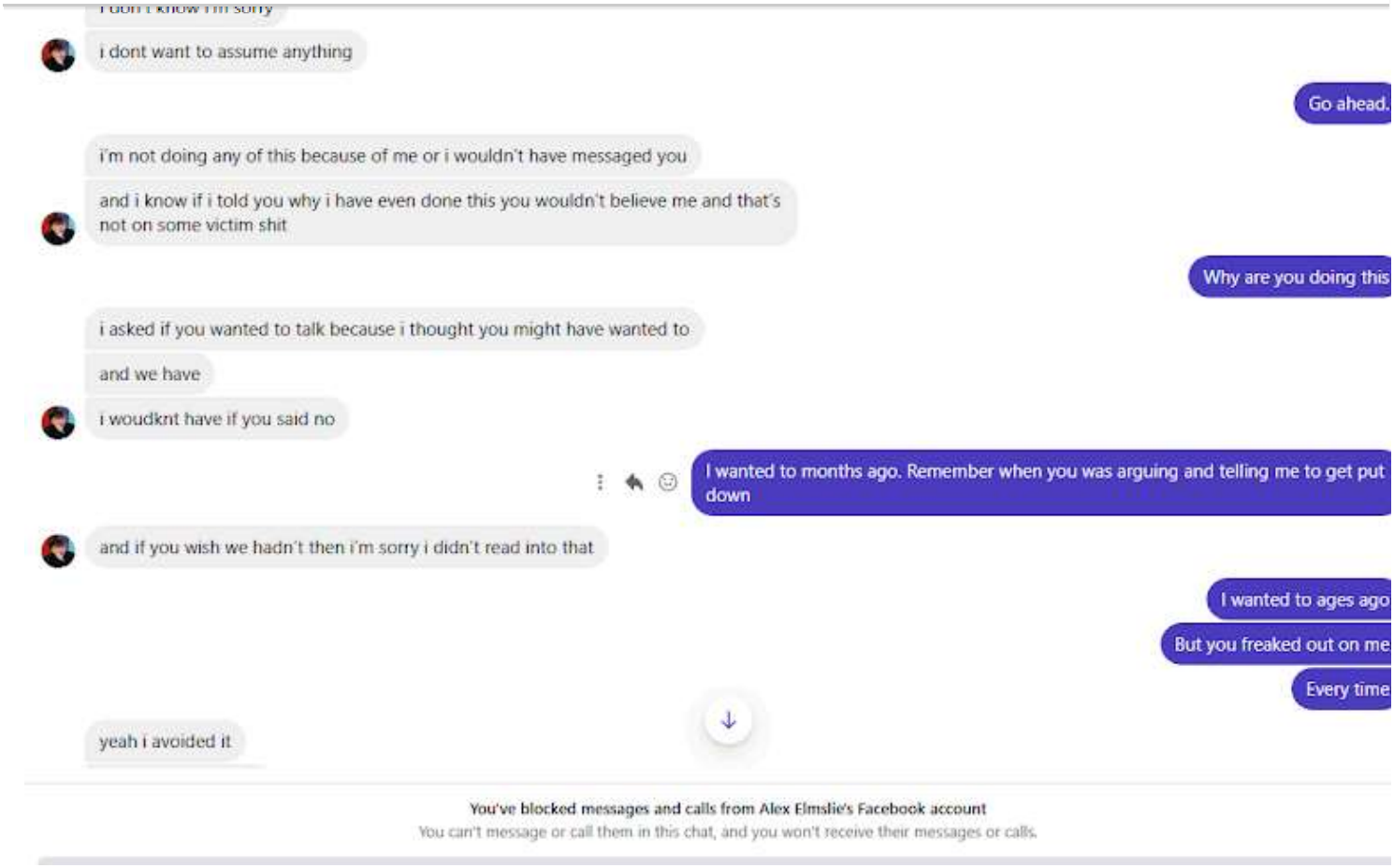
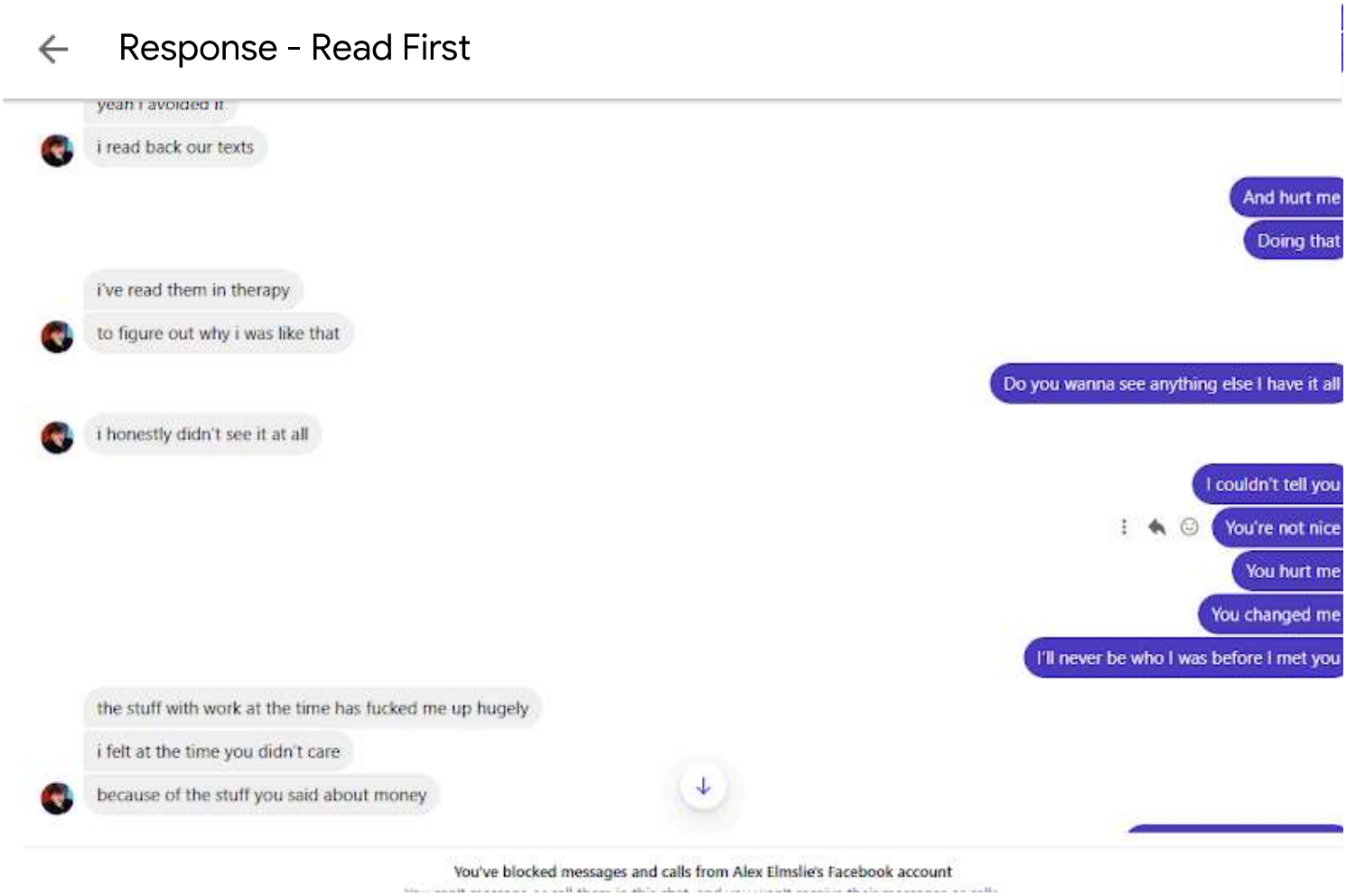
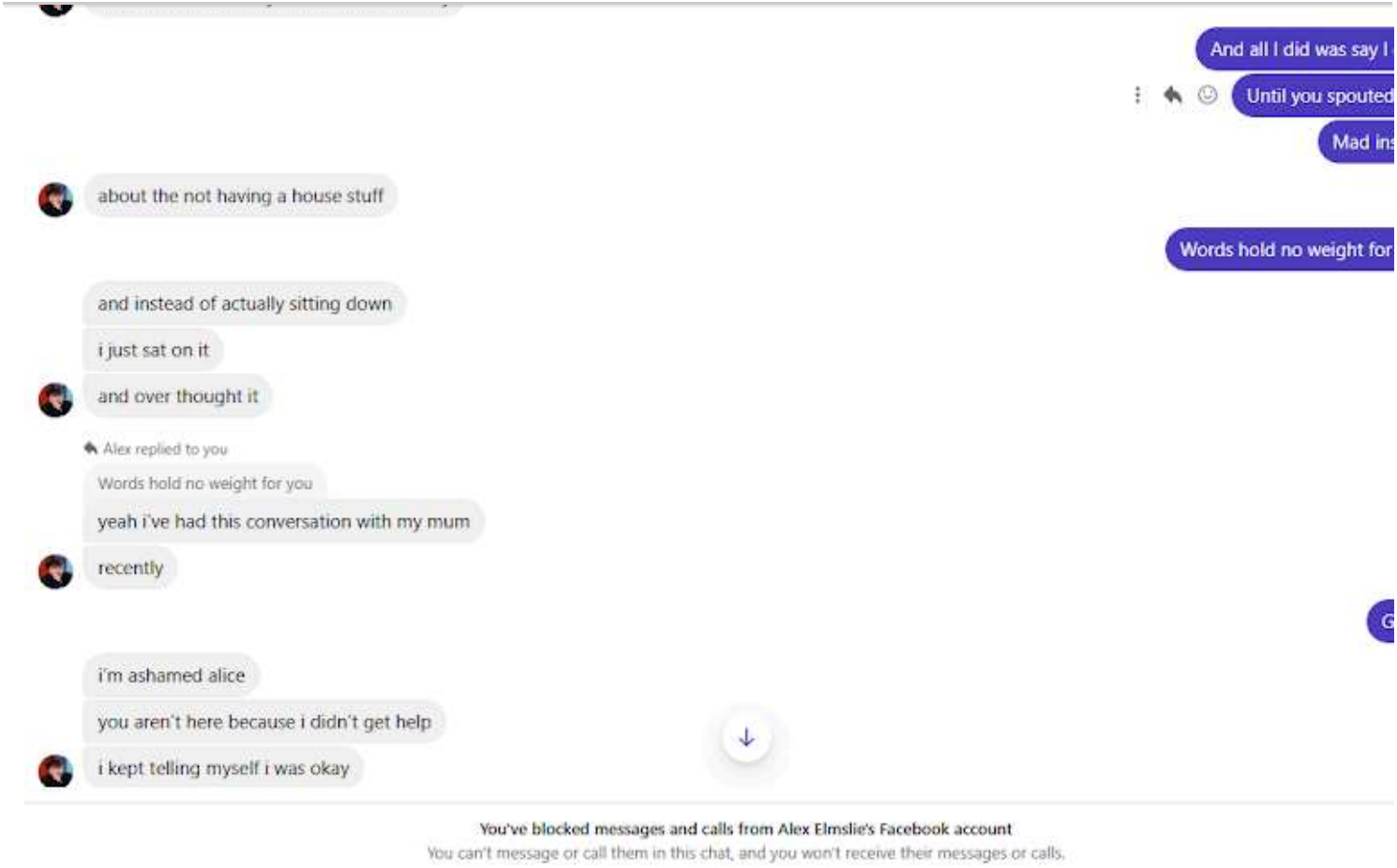
# Response - Read First


i dont want to assume anything
Go ahead.
i'm not doing any of this because of me or i wouldn't have messaged you
and i know if i told you why i have even done this you wouldn't believe me and that's not on some victim shit
Why are you doing this
i asked if you wanted to talk because i thought you might have wanted to
and we have
i woudknt have if you said no
I wanted to months ago. Remember when you was arguing and telling me to get put down
and if you wish we hadn't then i'm sorry i didn't read into that
I wanted to ages ago
But you freaked out on me
Every time
yeah i avoided it
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First


yeah I avoided it
i read back our texts
And hurt me
Doing that
i've read them in therapy
to figure out why i was like that
Do you wanna see anything else I have it all
i honestly didn't see it at all
I couldn't tell you
You're not nice
You hurt me
You changed me
I'll never be who I was before I met you
the stuff with work at the time has fucked me up hugely
i felt at the time you didn't care
because of the stuff you said about money
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First


And all I did was say I
Until you spouted
Mad ins
about the not having a house stuff
Words hold no weight for
and instead of actually sitting down
i just sat on it
and over thought it
Alex replied to you
Words hold no weight for you
yeah i've had this conversation with my mum
recently
i'm ashamed alice
you aren't here because i didn't get help
i kept telling myself i was okay
You've blocked messages and calls from Alex Elmslie's Facebook account
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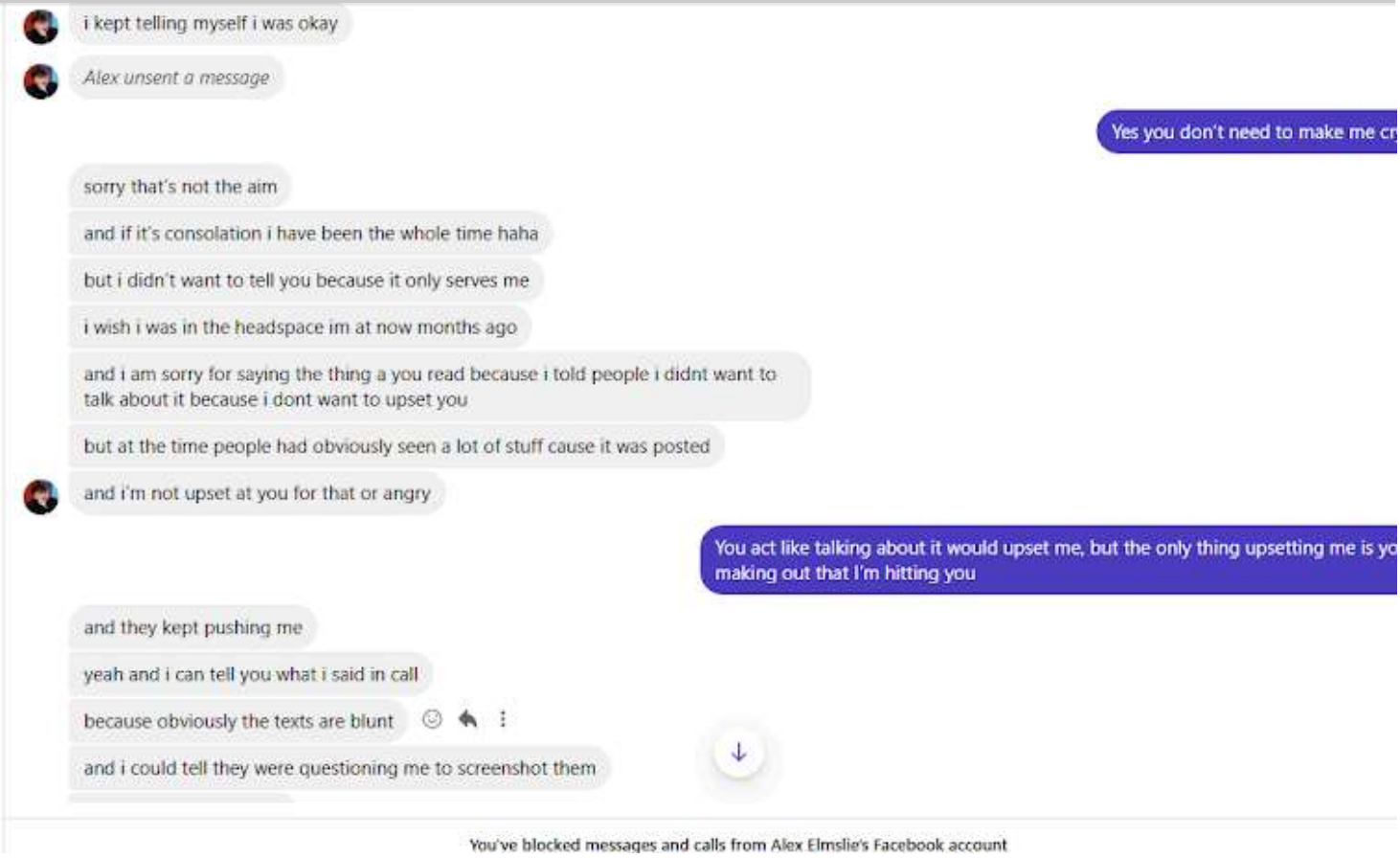
# Response - Read First


i kept telling myself i was okay
Alex unsent a message
Yes you don't need to make me cr
sorry that's not the aim
and if it's consolation i have been the whole time haha
but i didn't want to tell you because it only serves me
i wish i was in the headspace im at now months ago
and i am sorry for saying the thing a you read because i told people i didnt want to talk about it because i dont want to upset you
but at the time people had obviously seen a lot of stuff cause it was posted
and i'm not upset at you for that or angry
You act like talking about it would upset me, but the only thing upsetting me is yo making out that I'm hitting you
and they kept pushing me
yeah and i can tell you what i said in call
because obviously the texts are blunt
and i could tell they were questioning me to screenshot them
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First

and i could tell they were questioning me to screenshot them

so i just didn't say much

and then i realised how they'd look so cut everyone off

but i knew i couldn't talk to you about it

it was too soon

i have ben trying to not bother you

i'm not comfortable now

i'm deeply worried

i'm chasing you more pain or hurting you're feelings

so i thought it was best to just not

but i thought you might think im still talking to them

or other people

but i've just been unfollowing people and limited all my apps to 1 hour a day

and i'm trying to get used to being alone instead of spending all my time with people

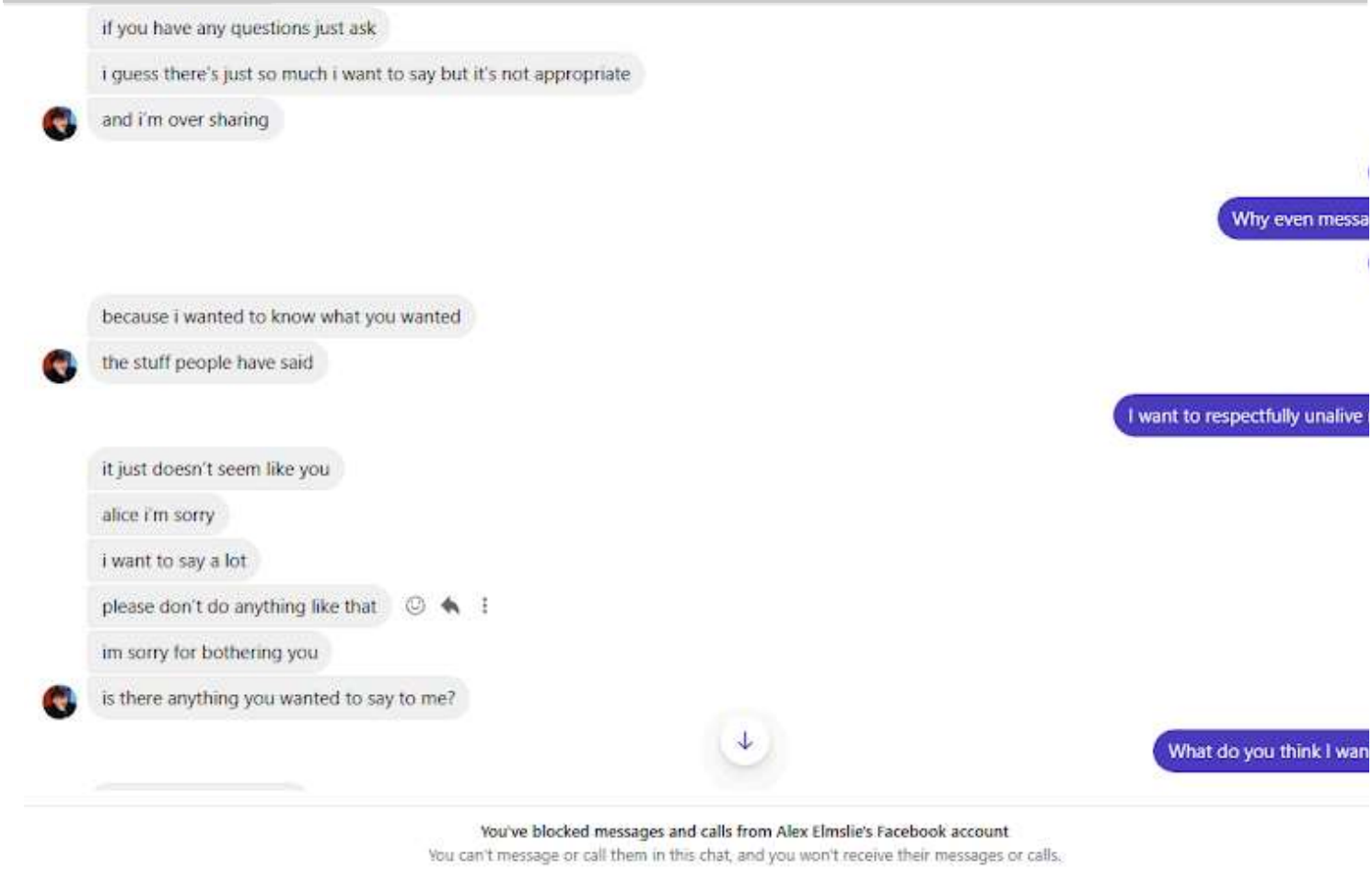
idk why i'm sending you this

sorry it's not relevant

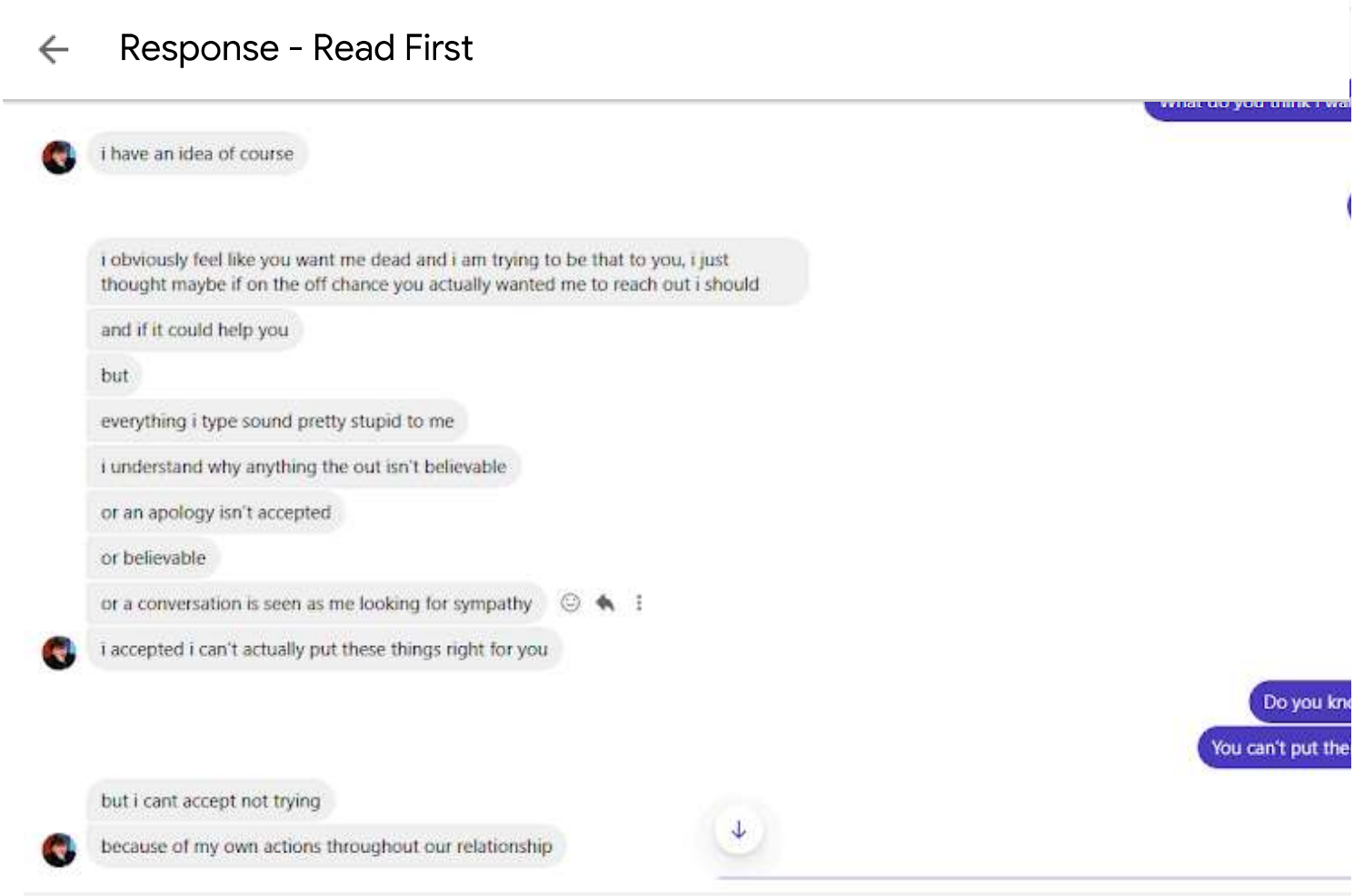
if you have any questions just ask

You've blocked messages and calls from Alex Elmslie's Facebook account

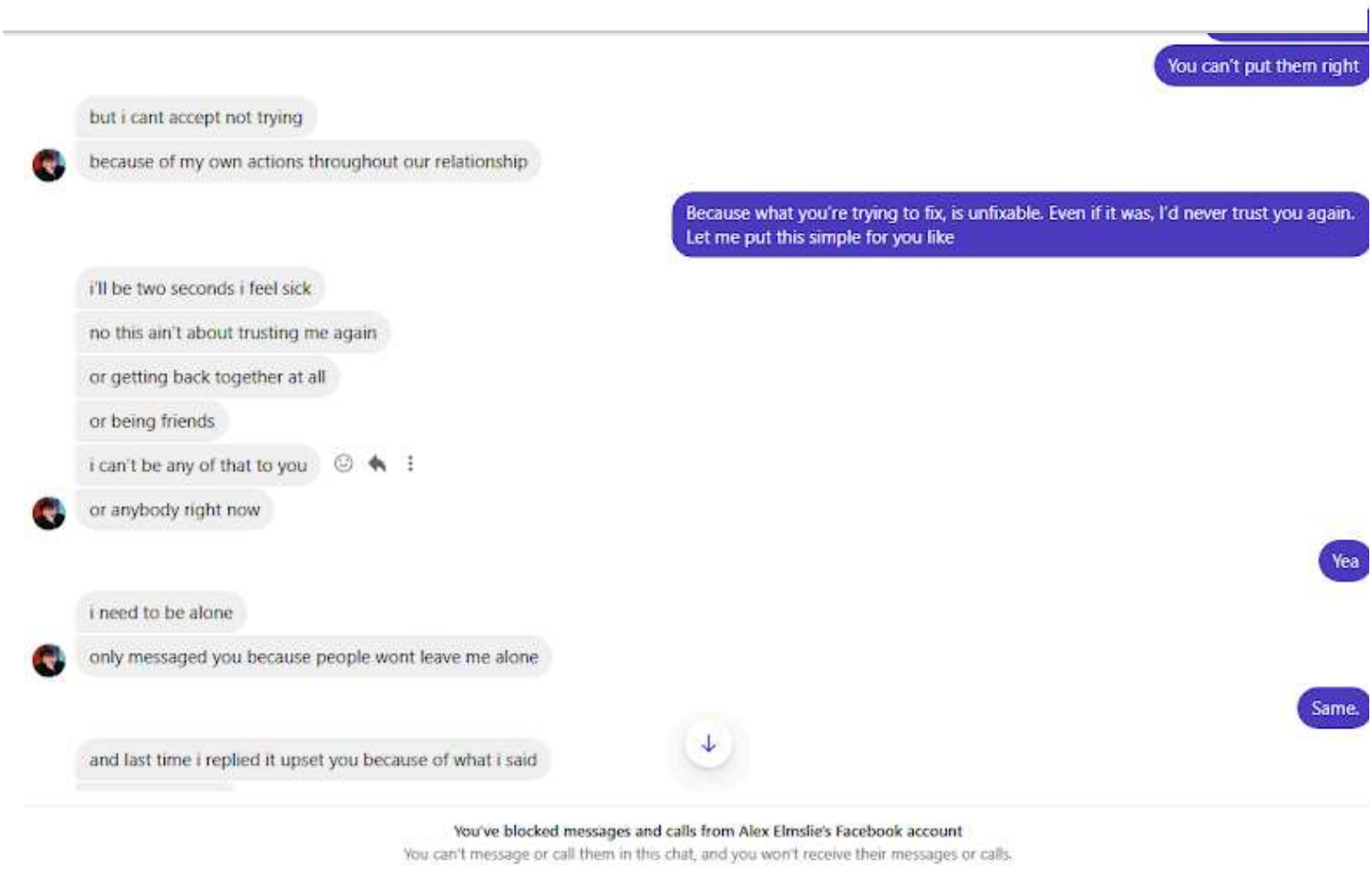
# Response - Read First


if you have any questions just ask
i guess there's just so much i want to say but it's not appropriate
and i'm over sharing
Why even messa
because i wanted to know what you wanted
the stuff people have said
I want to respectfully unalive
it just doesn't seem like you
alice i'm sorry
i want to say a lot
please don't do anything like that
im sorry for bothering you
is there anything you wanted to say to me?
What do you think I wan
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First


i have an idea of course
i obviously feel like you want me dead and i am trying to be that to you, i just thought maybe if on the off chance you actually wanted me to reach out i should
and if it could help you
but
everything i type sound pretty stupid to me
i understand why anything the out isn't believable
or an apology isn't accepted
or believable
or a conversation is seen as me looking for sympathy
i accepted i can't actually put these things right for you
Do you kn
You can't put the
but i cant accept not trying
because of my own actions throughout our relationship

# Response - Read First


You can't put them right
but i cant accept not trying
because of my own actions throughout our relationship
Because what you're trying to fix, is unfixable. Even if it was, I'd never trust you again. Let me put this simple for you like
i'll be two seconds i feel sick
no this ain't about trusting me again
or getting back together at all
or being friends
i can't be any of that to you
or anybody right now
Yea
i need to be alone
only messaged you because people wont leave me alone
Same.
and last time i replied it upset you because of what i said
You've blocked messages and calls from Alex Elmslie's Facebook account
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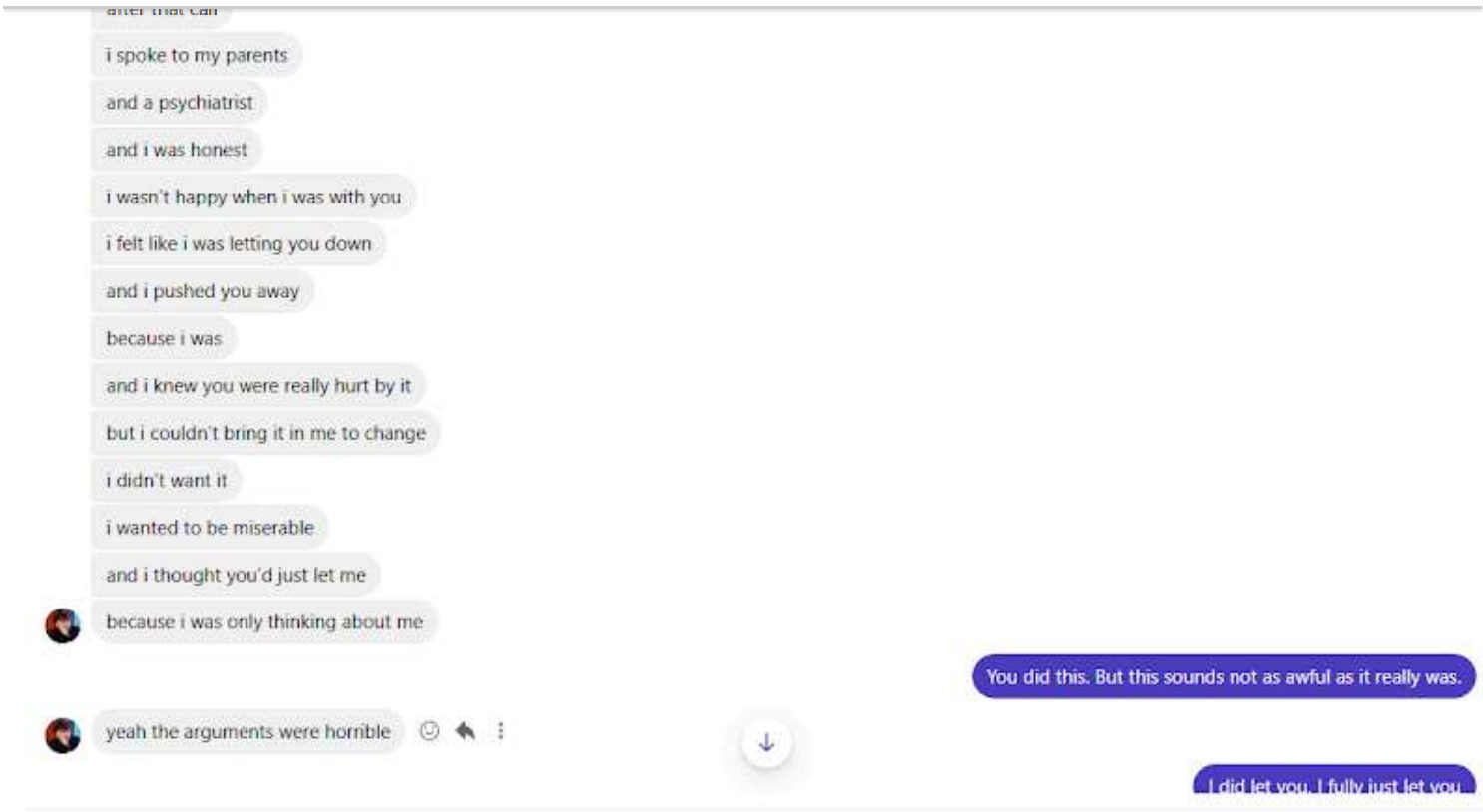
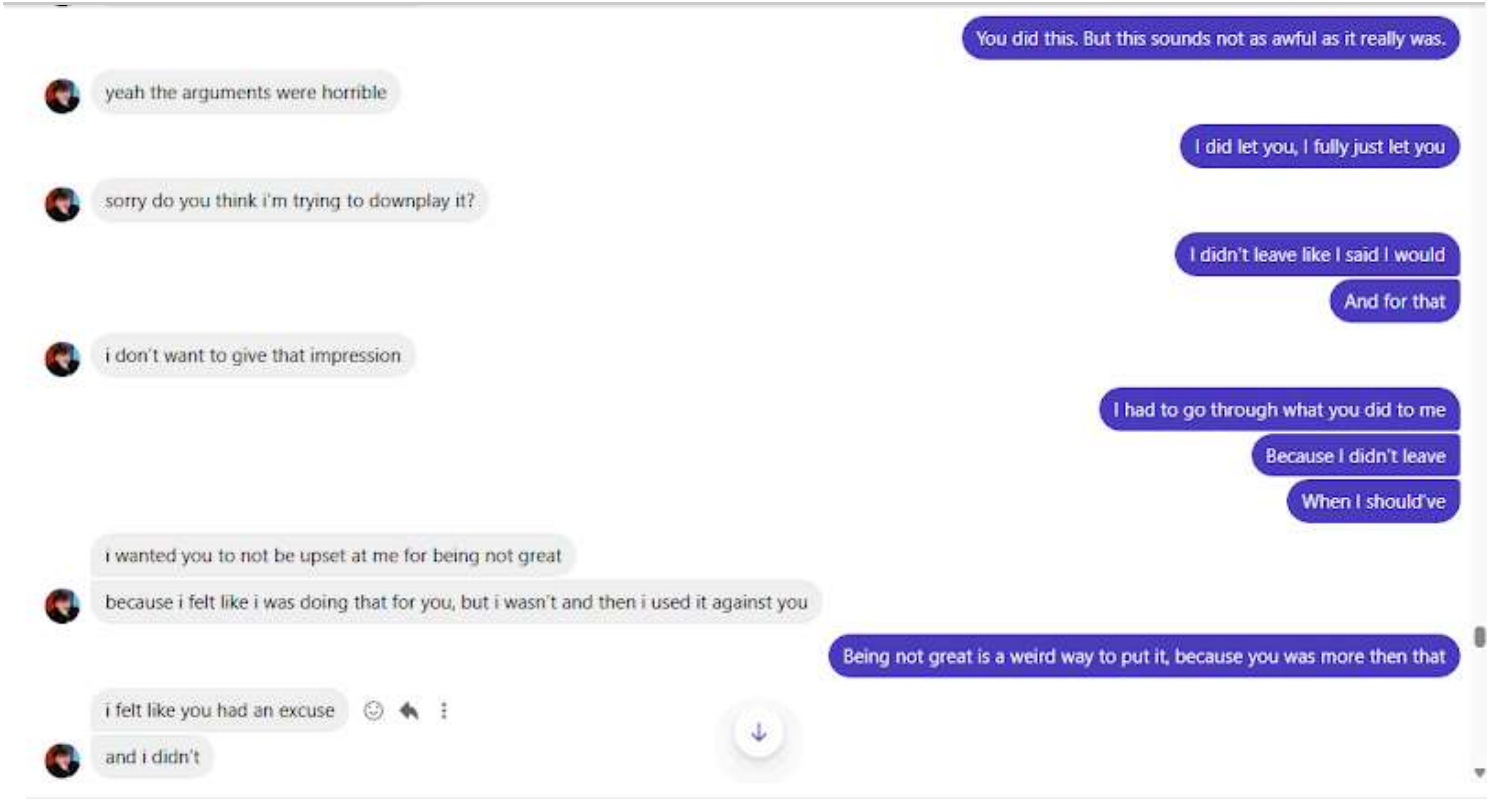
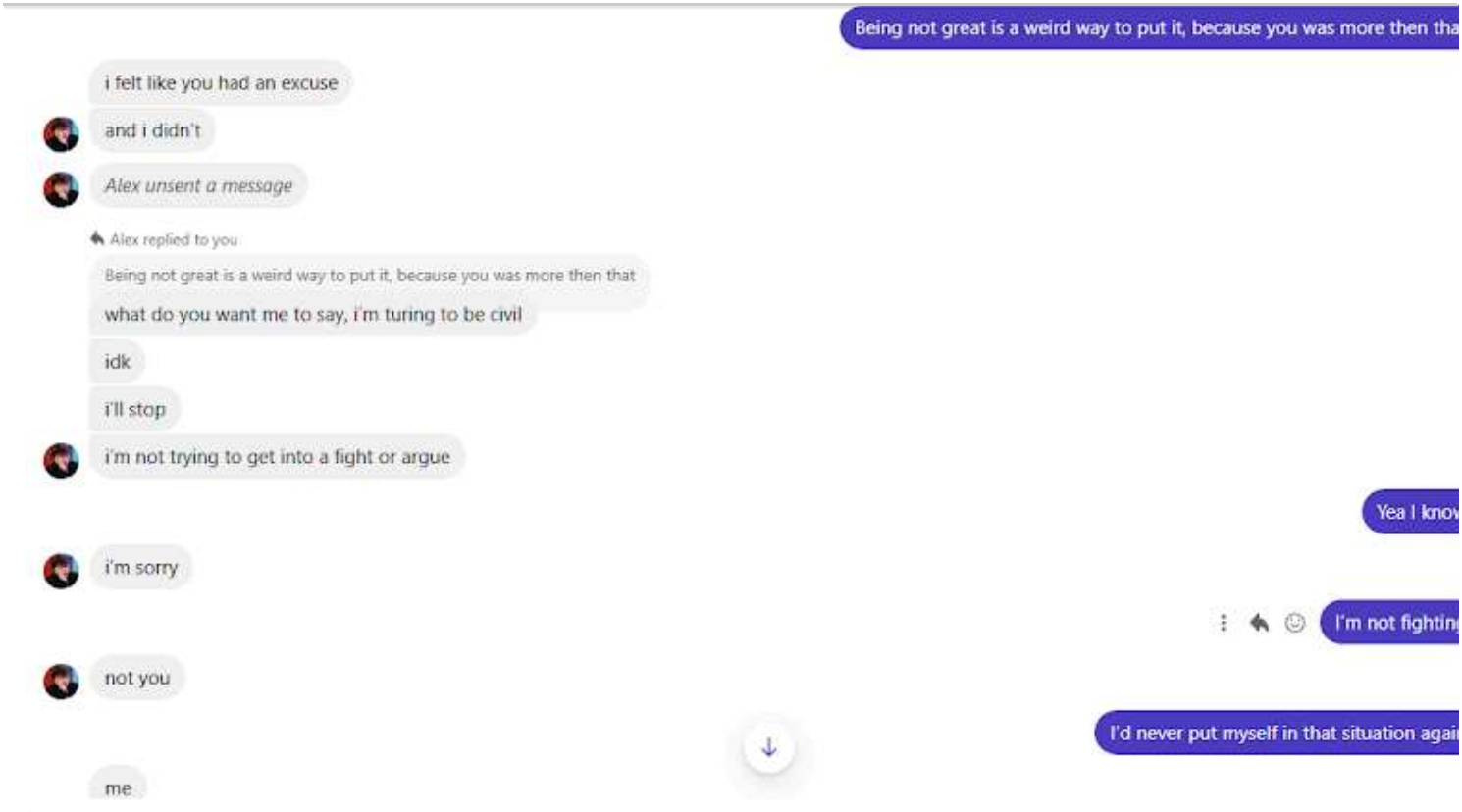
# Response - Read First


after that can
i spoke to my parents
and a psychiatrist
and i was honest
i wasn't happy when i was with you
i felt like i was letting you down
and i pushed you away
because i was
and i knew you were really hurt by it
but i couldn't bring it in me to change
i didn't want it
i wanted to be miserable
and i thought you'd just let me
because i was only thinking about me
You did this. But this sounds not as awful as it really was.
yeah the arguments were horrible
I did let you. I fully just let you

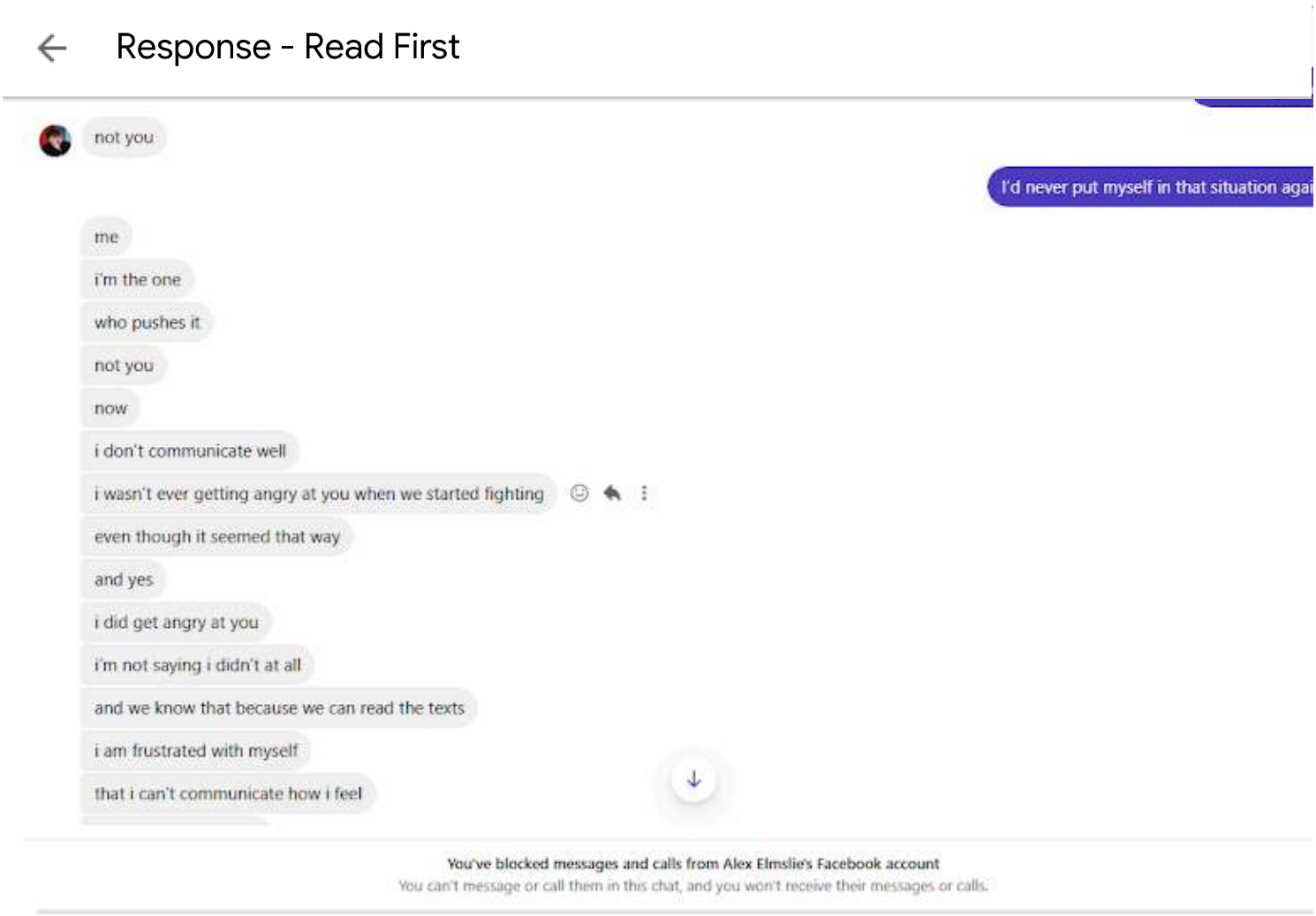
# Response - Read First


You did this. But this sounds not as awful as it really was.
yeah the arguments were horrible
I did let you, I fully just let you
sorry do you think i'm trying to downplay it?
I didn't leave like I said I would
And for that
i don't want to give that impression
I had to go through what you did to me
Because I didn't leave
When I should've
i wanted you to not be upset at me for being not great
because i felt like i was doing that for you, but i wasn't and then i used it against you
Being not great is a weird way to put it, because you was more then that
i felt like you had an excuse
and i didn't

# Response - Read First


Being not great is a weird way to put it, because you was more then tha
i felt like you had an excuse
and i didn't
Alex unsent a message
Alex replied to you
Being not great is a weird way to put it, because you was more then that
what do you want me to say, i'm turing to be civil
idk
i'll stop
i'm not trying to get into a fight or argue
Yea I knov
i'm sorry
I'm not fightin
not you
I'd never put myself in that situation agai
me

# Response - Read First


not you
I'd never put myself in that situation agai
me
i'm the one
who pushes it
not you
now
i don't communicate well
i wasn't ever getting angry at you when we started fighting
even though it seemed that way
and yes
i did get angry at you
i'm not saying i didn't at all
and we know that because we can read the texts
i am frustrated with myself
that i can't communicate how i feel
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First

i don't communicate well

i wasn't ever getting angry at you when we started fighting

even though it seemed that way

and yes

i did get angry at you

i'm not saying i didn't at all

and we know that because we can read the texts

i am frustrated with myself

that i can't communicate how i feel

and it upsets me a lot

i understand why you feel the way you do

i made that happen

fuck this is really hard

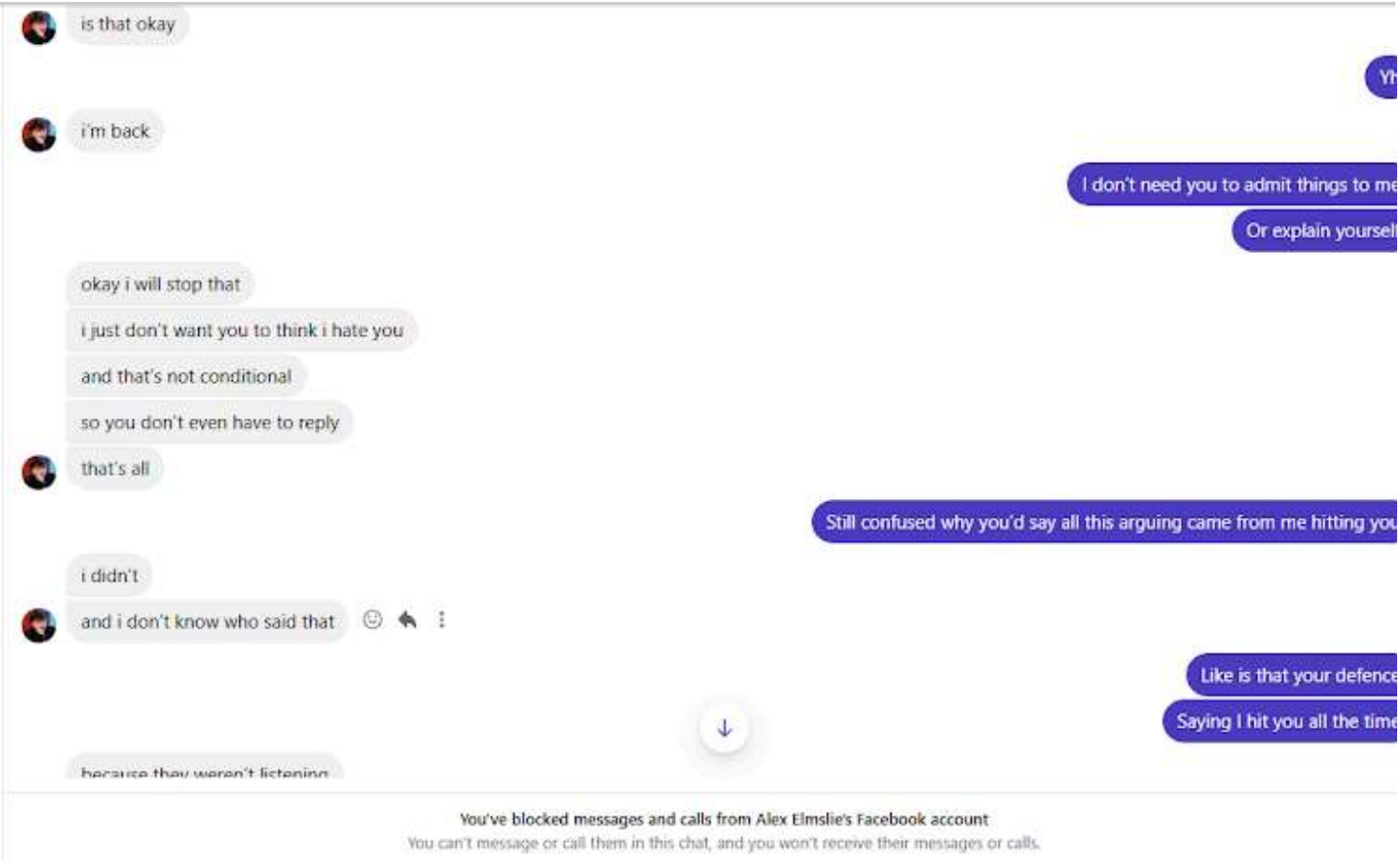
i need a couple minutes sorry alice

is that okay

i'm back

You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First


is that okay
Yh
i'm back
I don't need you to admit things to me
Or explain yourself
okay i will stop that
i just don't want you to think i hate you
and that's not conditional
so you don't even have to reply
that's all
Still confused why you'd say all this arguing came from me hitting you
i didn't
and i don't know who said that
Like is that your defence
Saying I hit you all the time
because they weren't listening
You've blocked messages and calls from Alex Elmslie's Facebook account
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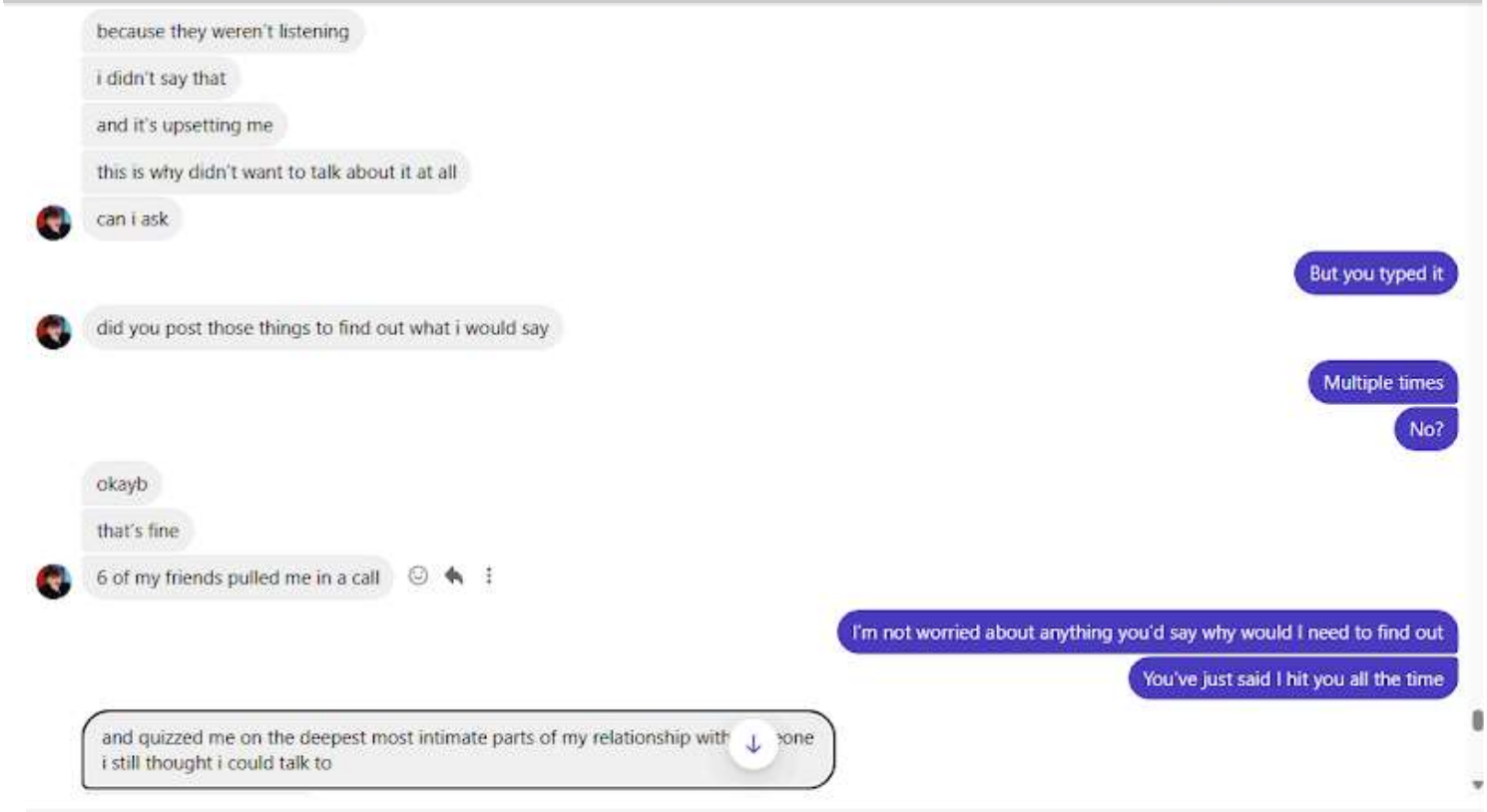
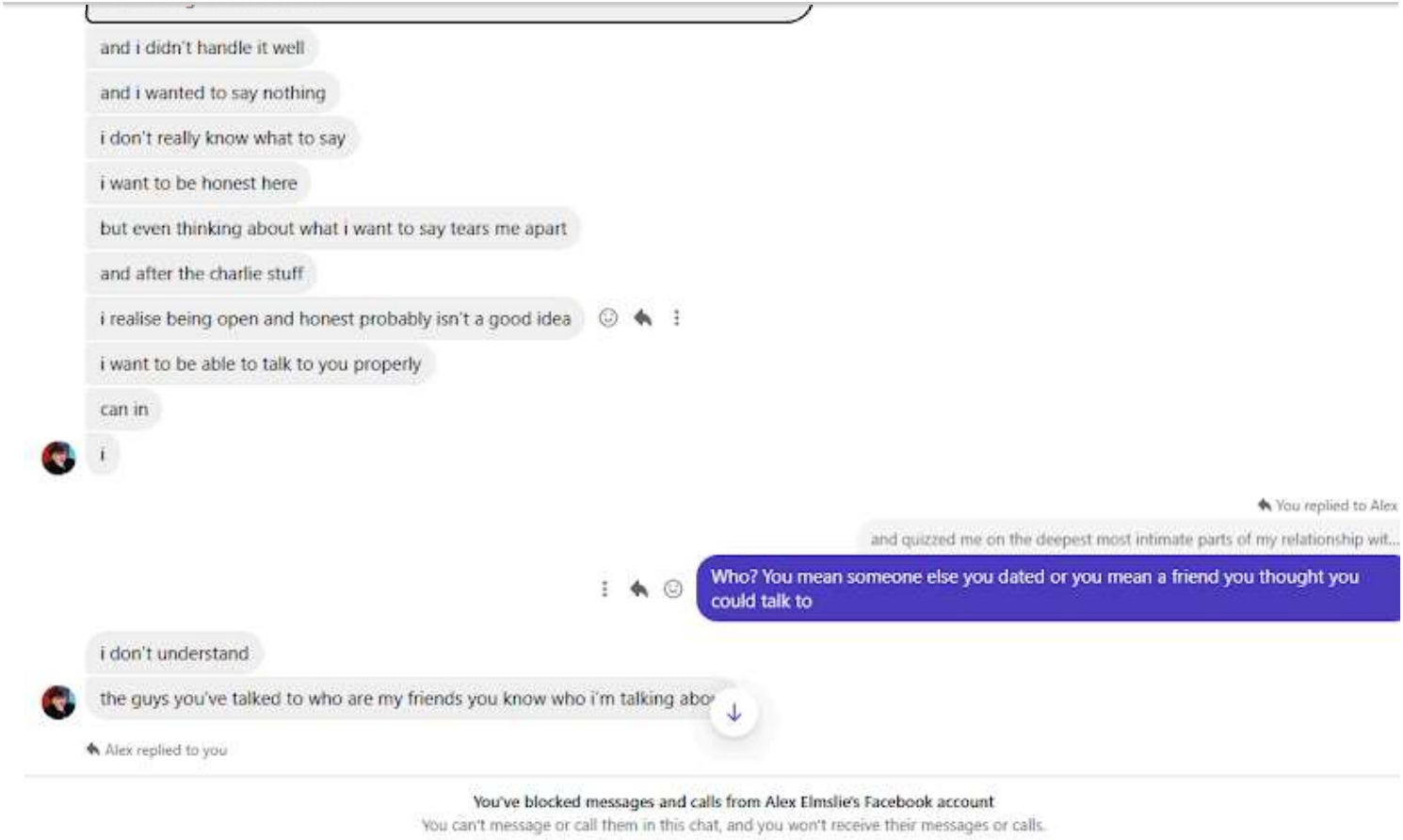
# Response - Read First


because they weren't listening
i didn't say that
and it's upsetting me
this is why didn't want to talk about it at all
can i ask
But you typed it
did you post those things to find out what i would say
Multiple times
No?
okayb
that's fine
6 of my friends pulled me in a call
I'm not worried about anything you'd say why would I need to find out
You've just said I hit you all the time
and quizzed me on the deepest most intimate parts of my relationship with
one
i still thought i could talk to

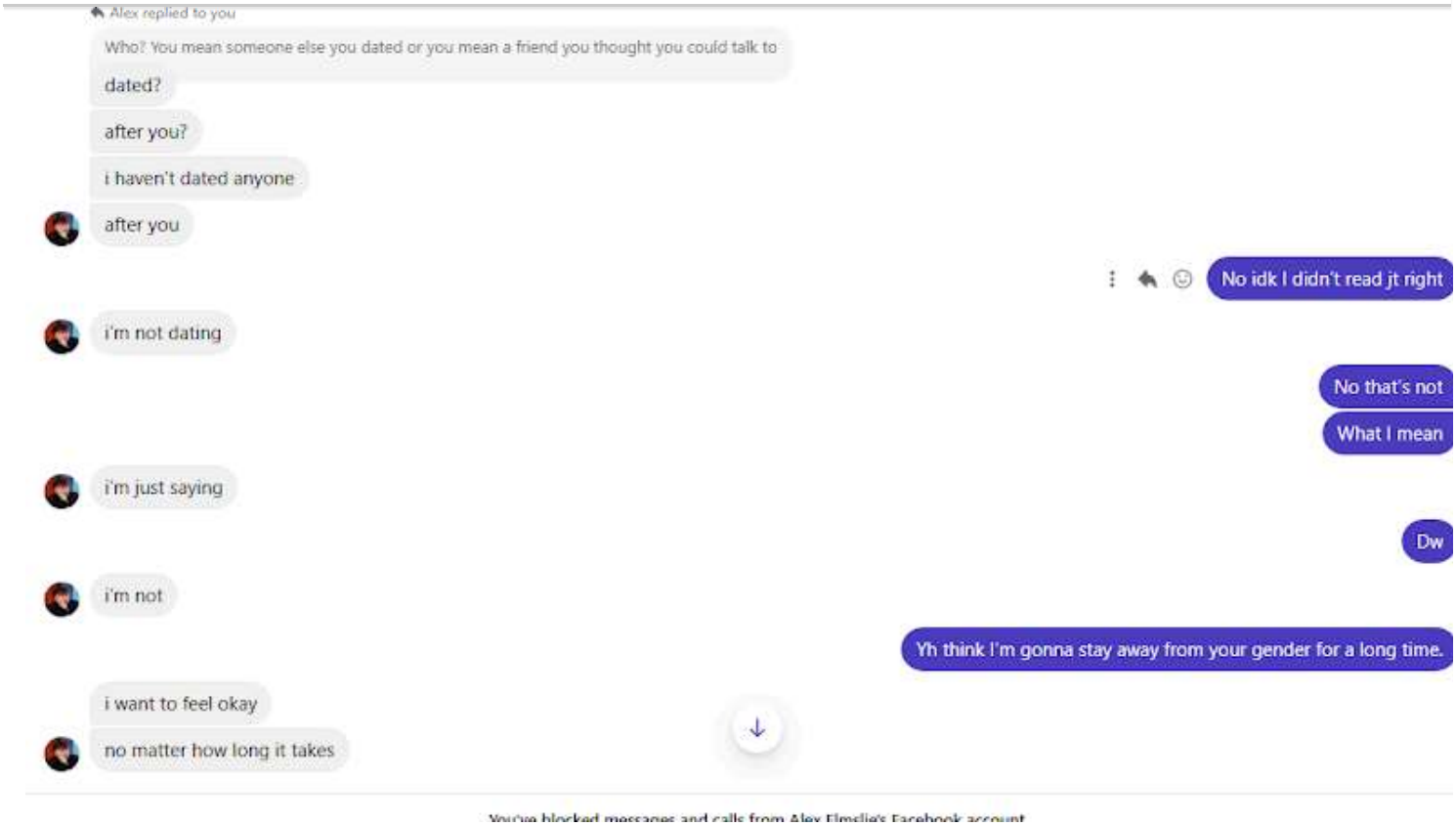
# Response - Read First


and i didn't handle it well
and i wanted to say nothing
i don't really know what to say
i want to be honest here
but even thinking about what i want to say tears me apart
and after the charlie stuff
i realise being open and honest probably isn't a good idea
i want to be able to talk to you properly
can in
i
You replied to Alex
and quizzed me on the deepest most intimate parts of my relationship wit...
Who? You mean someone else you dated or you mean a friend you thought you could talk to
i don't understand
the guys you've talked to who are my friends you know who i'm talking abo
Alex replied to you

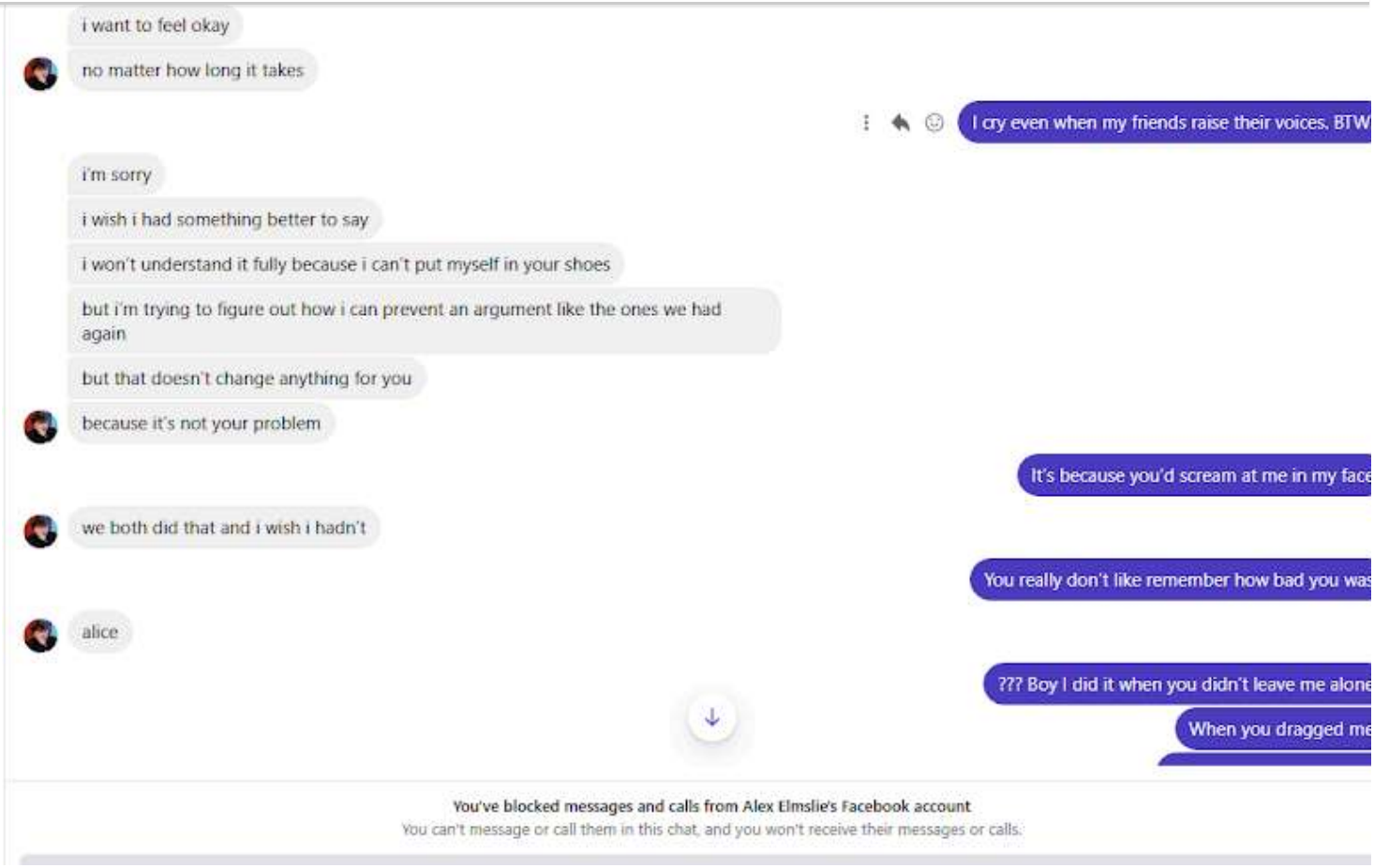
You've blocked messages and calls from Alex Elmslie's Facebook account

You can't message or call them in this chat, and you won't receive their messages or calls.

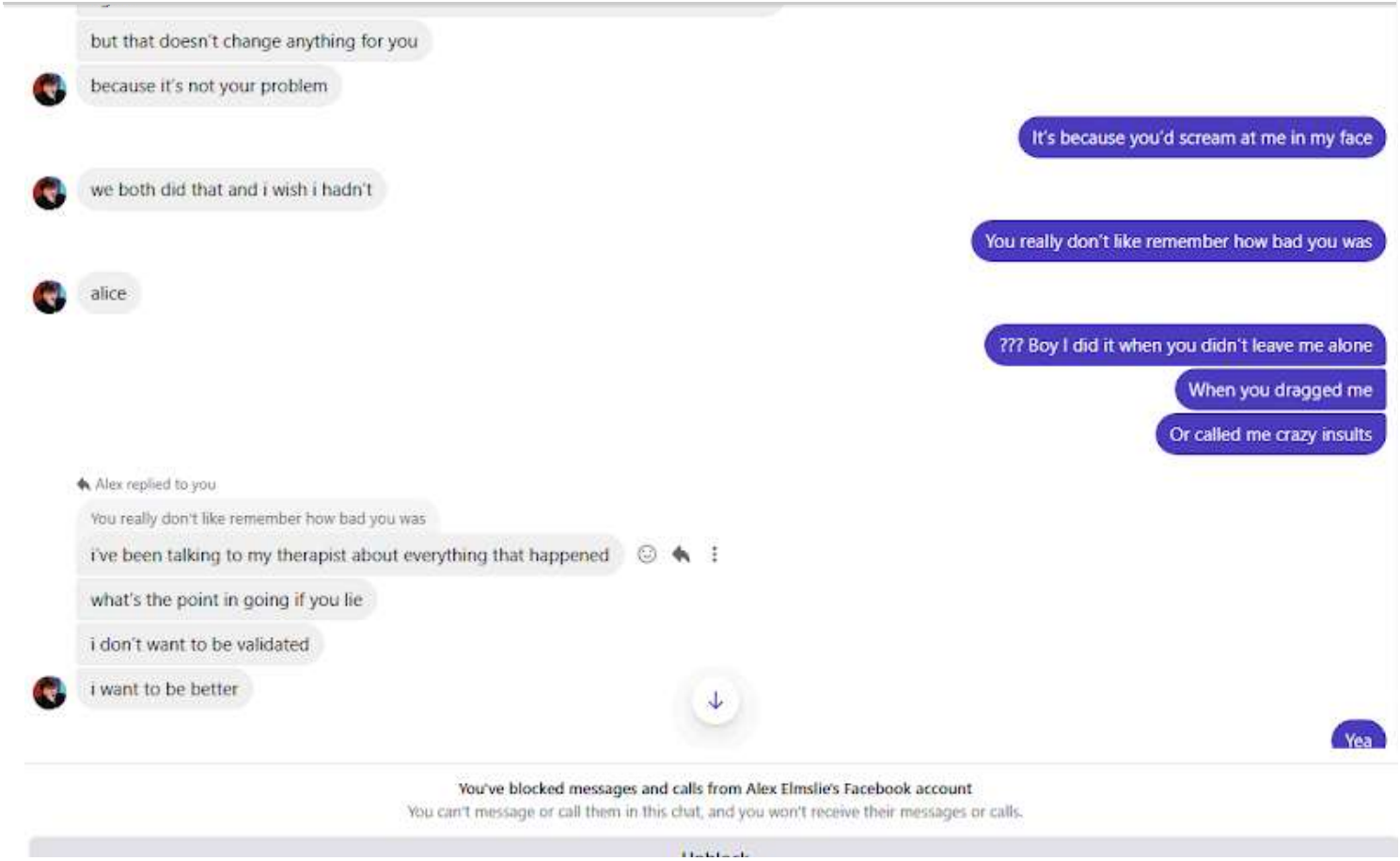
# Response - Read First


Alex replied to you
Who? You mean someone else you dated or you mean a friend you thought you could talk to
dated?
after you?
i haven't dated anyone
after you
No idk I didn't read jt right
i'm not dating
No that's not
What I mean
i'm just saying
Dw
i'm not
Yh think I'm gonna stay away from your gender for a long time.
i want to feel okay
no matter how long it takes
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First


i want to feel okay
no matter how long it takes
I cry even when my friends raise their voices, BTW
i'm sorry
i wish i had something better to say
i won't understand it fully because i can't put myself in your shoes
but i'm trying to figure out how i can prevent an argument like the ones we had again
but that doesn't change anything for you
because it's not your problem
It's because you'd scream at me in my face
we both did that and i wish i hadn't
You really don't like remember how bad you was
alice
??? Boy I did it when you didn't leave me alone
When you dragged me
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First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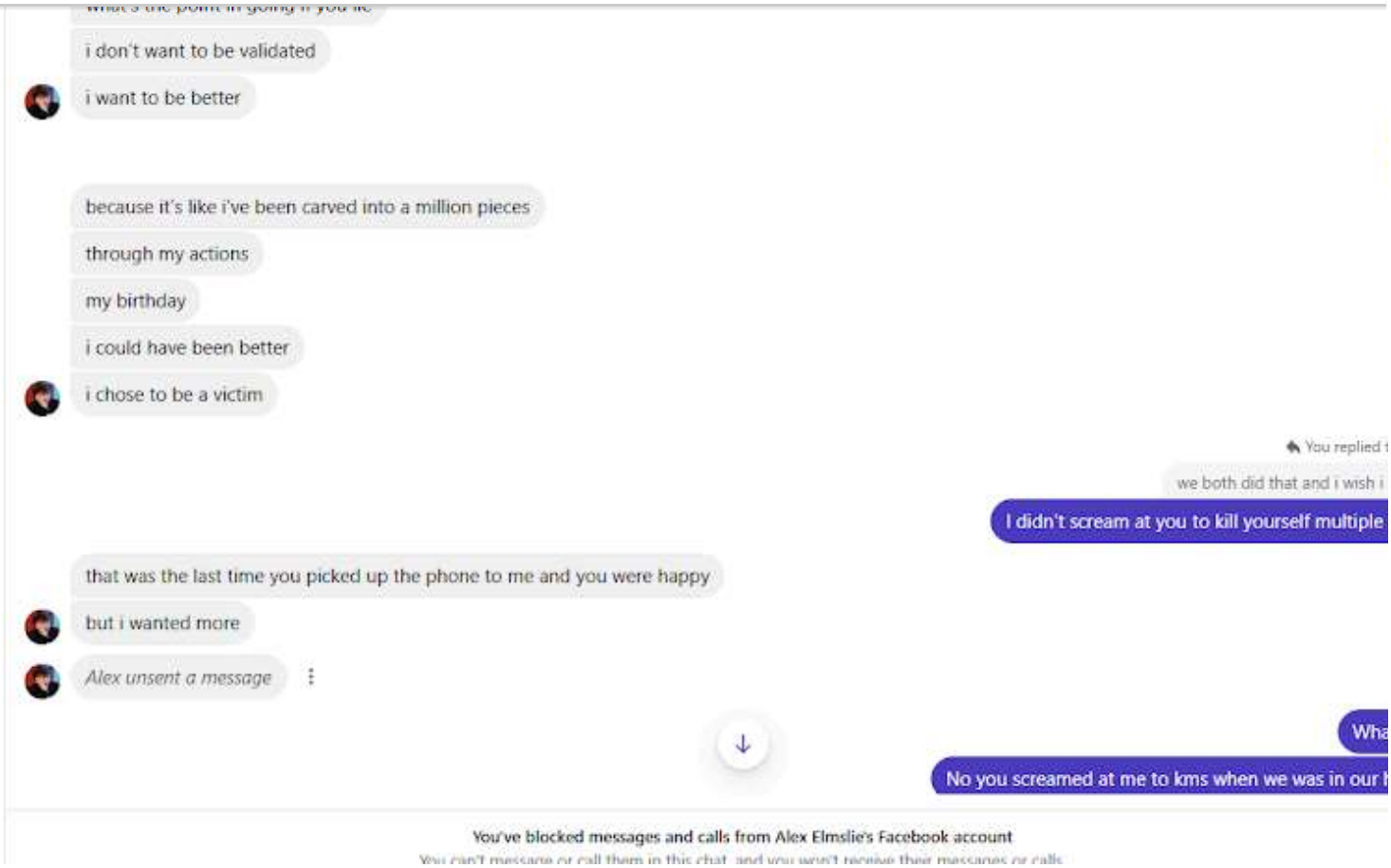
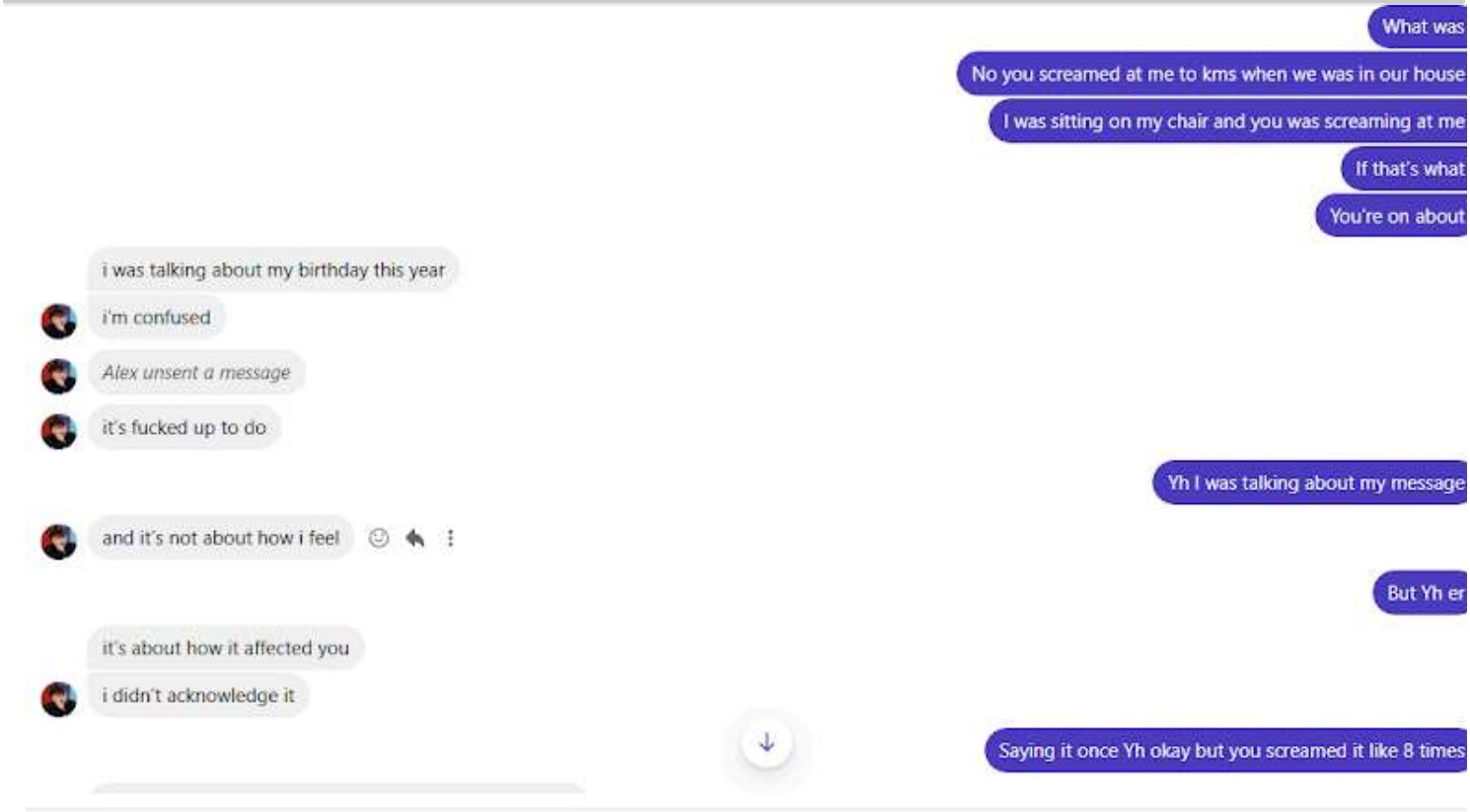
It's because you'd scream at me in my face
we both did that and i wish i hadn't
You really don't like remember how bad you was
alice
??? Boy I did it when you didn't leave me alone
When you dragged me
Or called me crazy insults
Alex replied to you
You really don't like remember how bad you was
i've been talking to my therapist about everything that happened
what's the point in going if you lie
i don't want to be validated
i want to be better
Yea
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

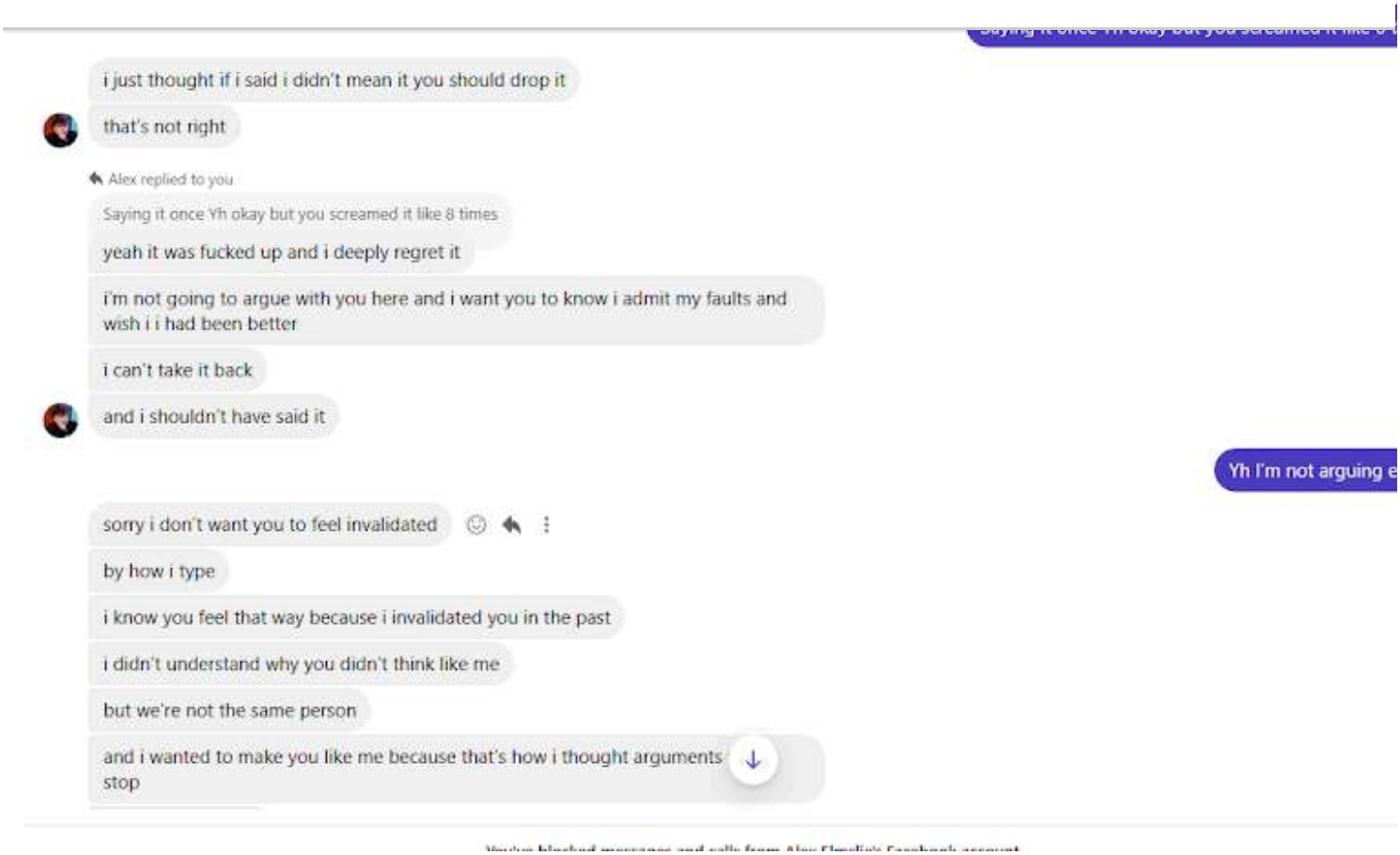
# Response - Read First


i don't want to be validated
i want to be better
because it's like i've been carved into a million pieces
through my actions
my birthday
i could have been better
i chose to be a victim
You replied
we both did that and i wish i
I didn't scream at you to kill yourself multiple
that was the last time you picked up the phone to me and you were happy
but i wanted more
Alex unsent a message
No you screamed at me to kms when we was in our
You've blocked messages and calls from Alex Elmslie's Facebook account

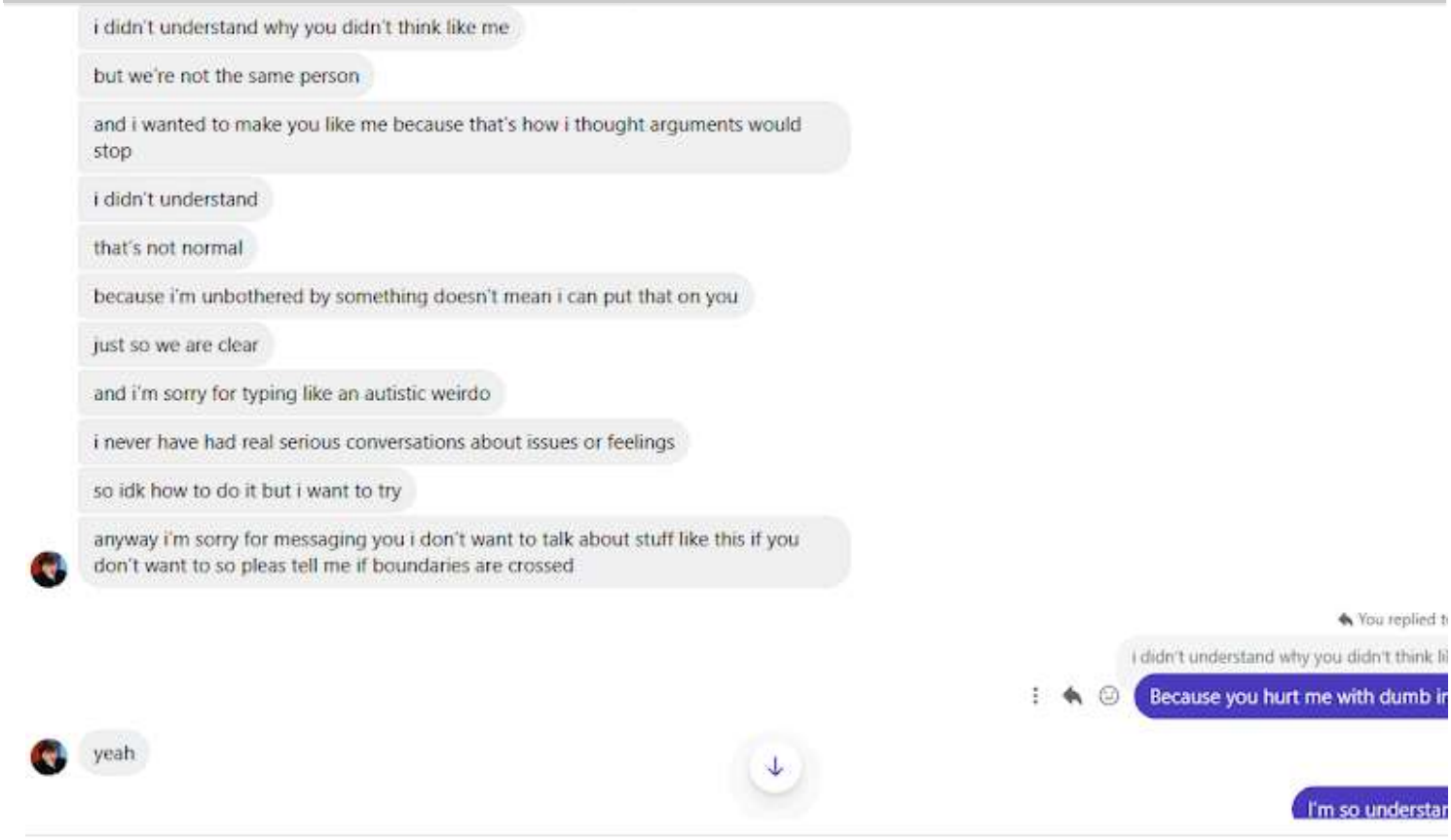
# Response - Read First


What was
No you screamed at me to kms when we was in our house
I was sitting on my chair and you was screaming at me
If that's what
You're on about
i was talking about my birthday this year
i'm confused
Alex unsent a message
it's fucked up to do
Yh I was talking about my message
and it's not about how i feel
But Yh er
it's about how it affected you
i didn't acknowledge it
Saying it once Yh okay but you screamed it like 8 times

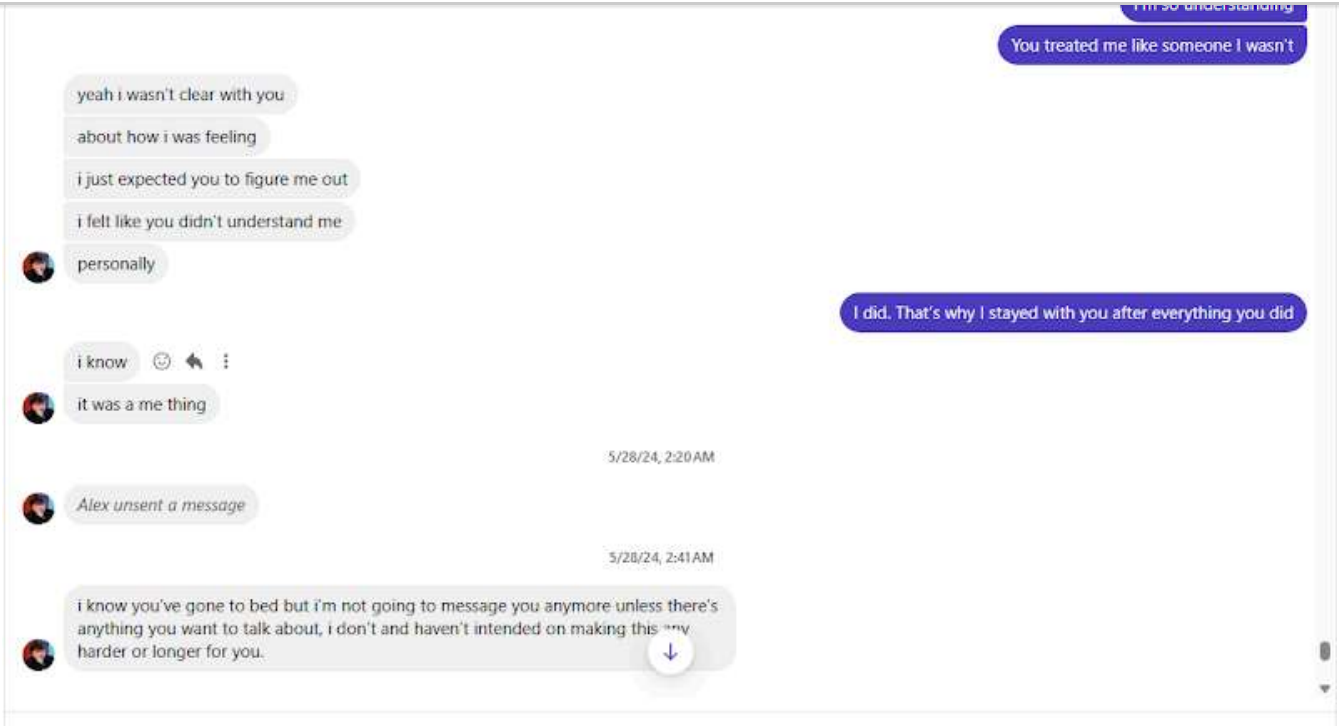
# Response - Read First

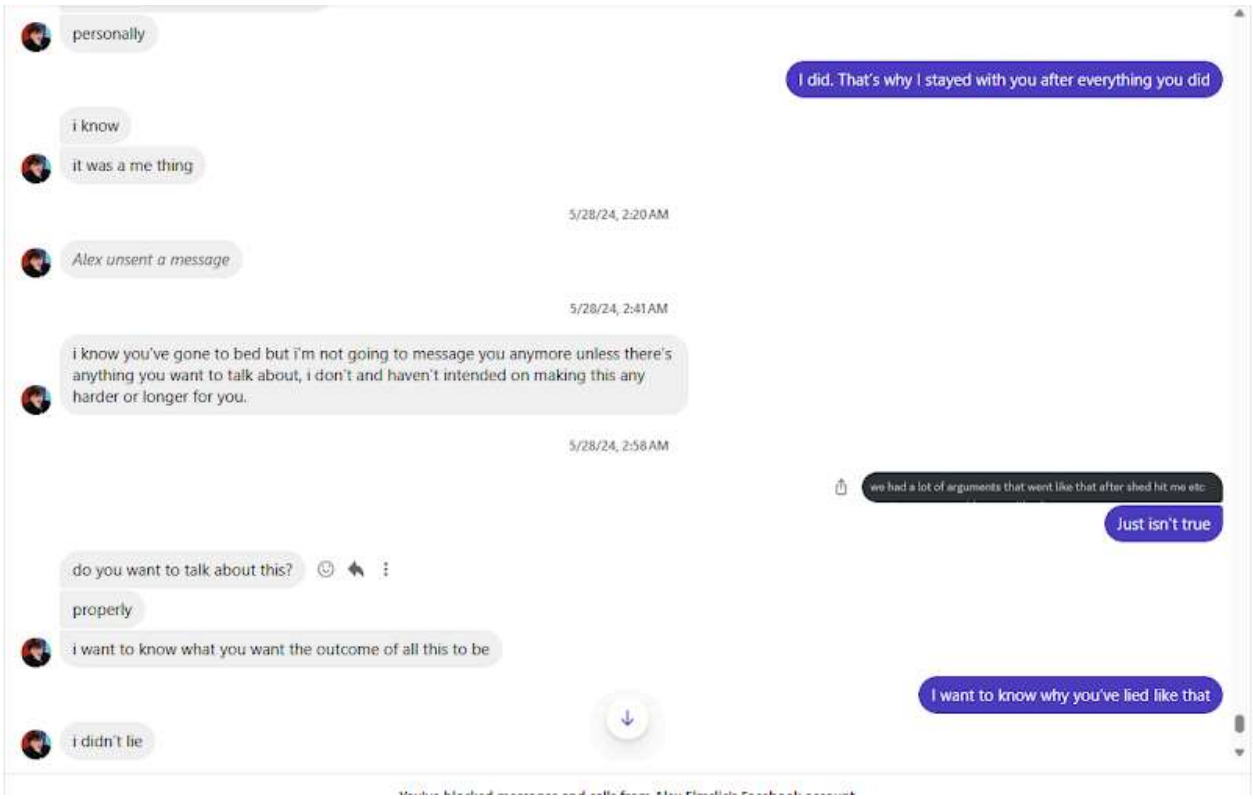

i just thought if i said i didn't mean it you should drop it
that's not right
Alex replied to you
Saying it once Yh okay but you screamed it like 8 times
yeah it was fucked up and i deeply regret it
i'm not going to argue with you here and i want you to know i admit my faults and wish i i had been better
i can't take it back
and i shouldn't have said it
Yh I'm not arguing e
sorry i don't want you to feel invalidated
by how i type
i know you feel that way because i invalidated you in the past
i didn't understand why you didn't think like me
but we're not the same person
and i wanted to make you like me because that's how i thought arguments stop

# Response - Read First

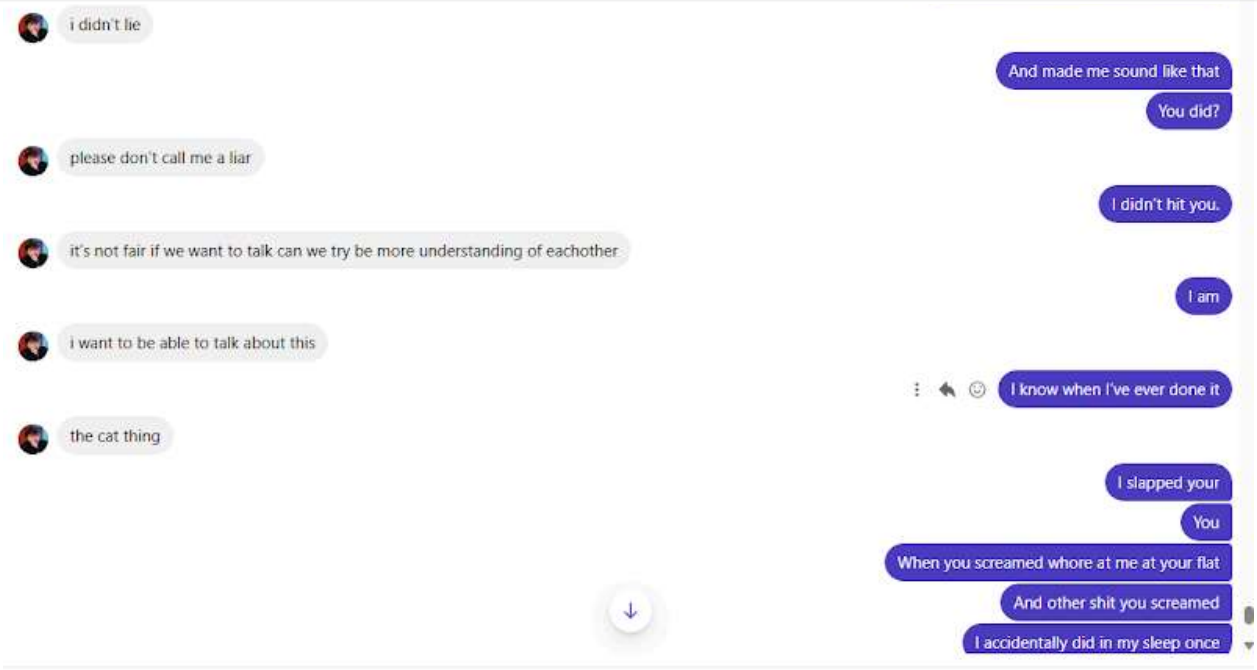

i didn't understand why you didn't think like me
but we're not the same person
and i wanted to make you like me because that's how i thought arguments would stop
i didn't understand
that's not normal
because i'm unbothered by something doesn't mean i can put that on you
just so we are clear
and i'm sorry for typing like an autistic weirdo
i never have had real serious conversations about issues or feelings
so idk how to do it but i want to try
anyway i'm sorry for messaging you i don't want to talk about stuff like this if you don't want to so pleas tell me if boundaries are crossed
You replied t
i didn't understand why you didn't think li
Because you hurt me with dumb ir
yeah
I'm so understar

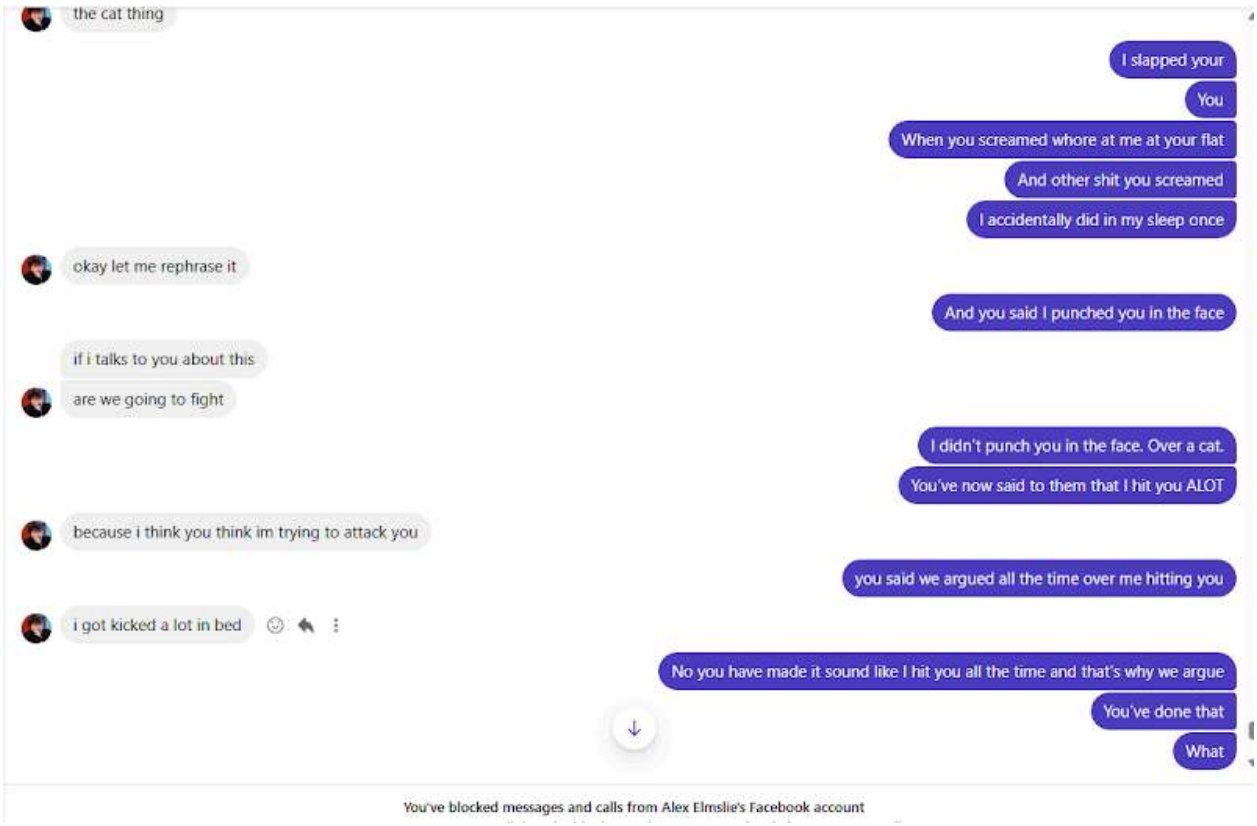
# Response - Read First


You treated me like someone I wasn't
yeah i wasn't clear with you
about how i was feeling
i just expected you to figure me out
i felt like you didn't understand me
personally
I did. That's why I stayed with you after everything you did
i know
it was a me thing
5/28/24, 2:20 AM
Alex unsent a message
5/28/24, 2:41 AM
i know you've gone to bed but i'm not going to message you anymore unless there's anything you want to talk about, i don't and haven't intended on making this any harder or longer for you.

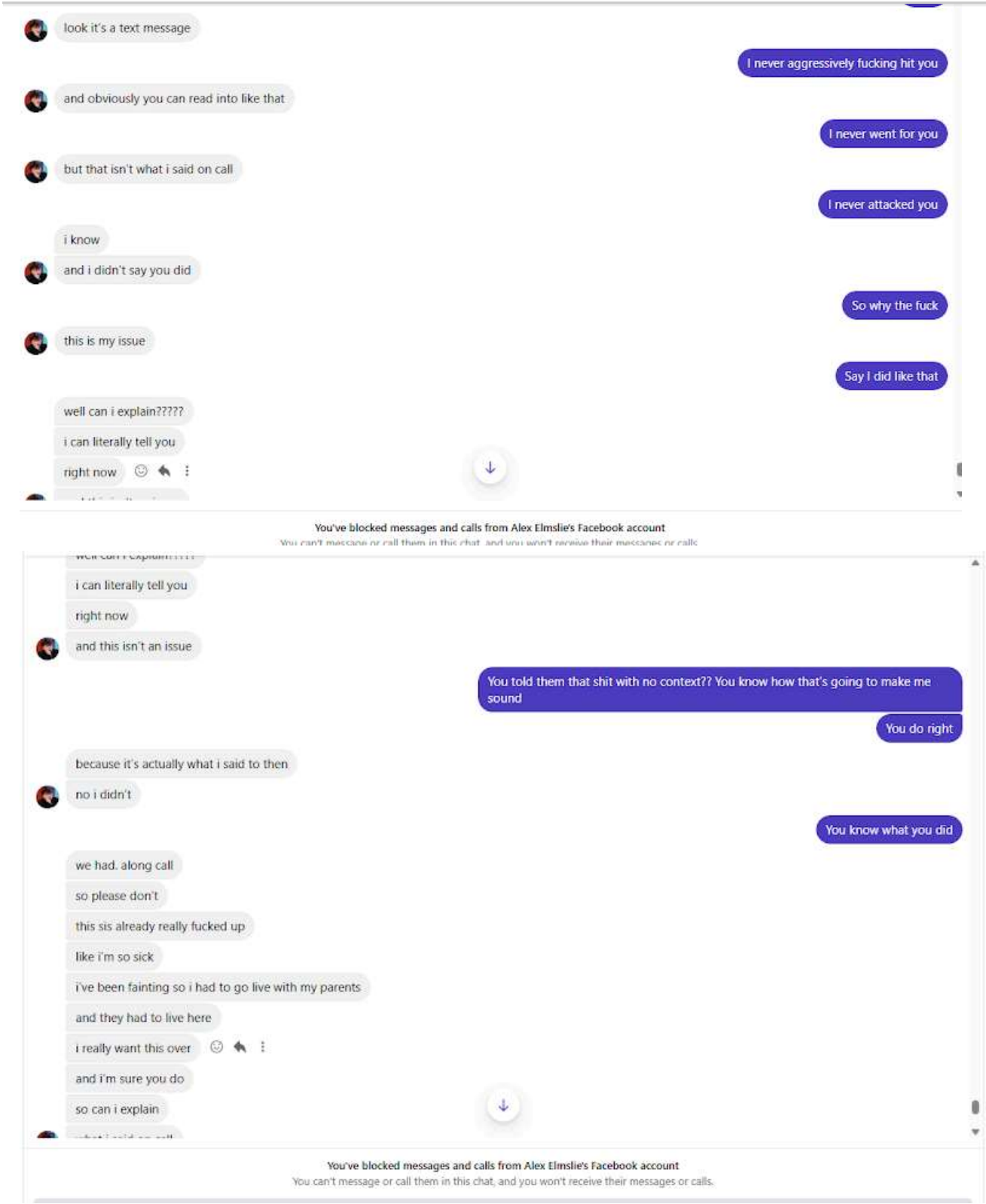

personally
I did. That's why I stayed with you after everything you did
i know
it was a me thing
5/28/24, 2:20 AM
Alex unsent a message
5/28/24, 2:41 AM
i know you've gone to bed but i'm not going to message you anymore unless there's anything you want to talk about, i don't and haven't intended on making this any harder or longer for you.
5/28/24, 2:58 AM
we had a lot of arguments that went like that after shed hit me etc
Just isn't true
do you want to talk about this?
properly
i want to know what you want the outcome of all this to be
I want to know why you've lied like that
i didn't lie

# Response - Read First

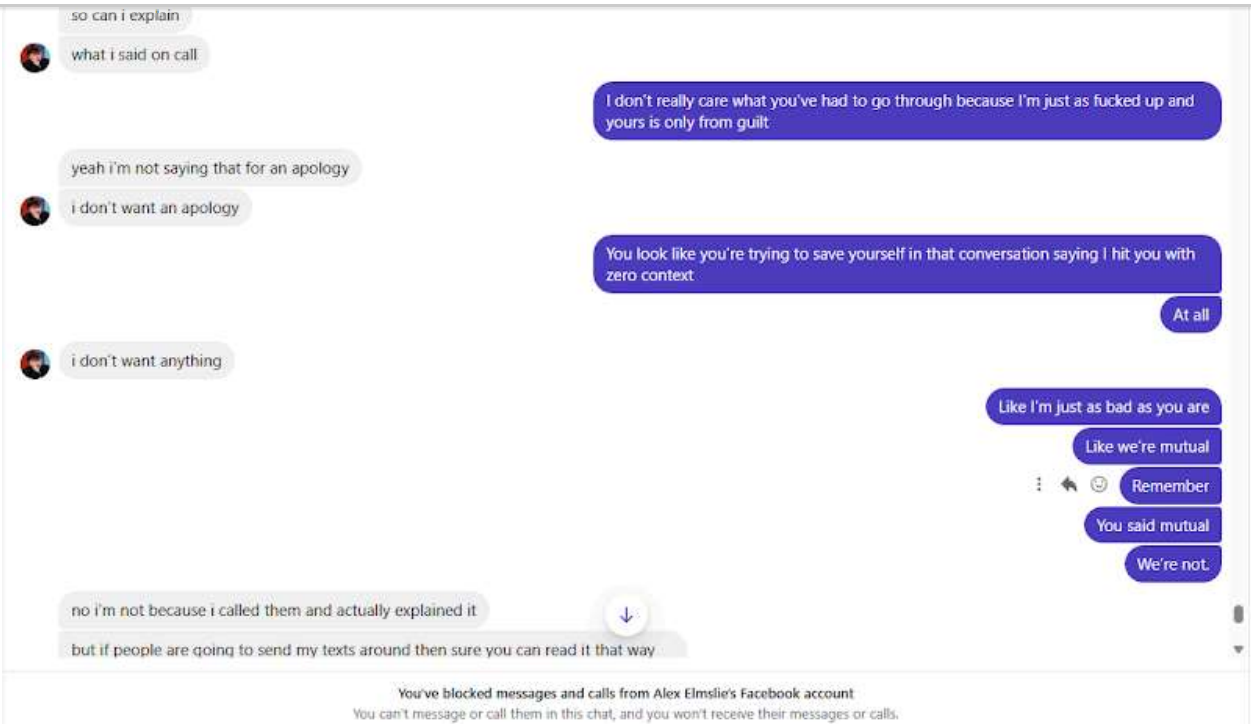

i didn't lie
And made me sound like that
You did?
please don't call me a liar
I didn't hit you.
it's not fair if we want to talk can we try be more understanding of eachother
I am
i want to be able to talk about this
I know when I've ever done it
the cat thing
I slapped your
You
When you screamed whore at me at your flat
And other shit you screamed
I accidentally did in my sleep once

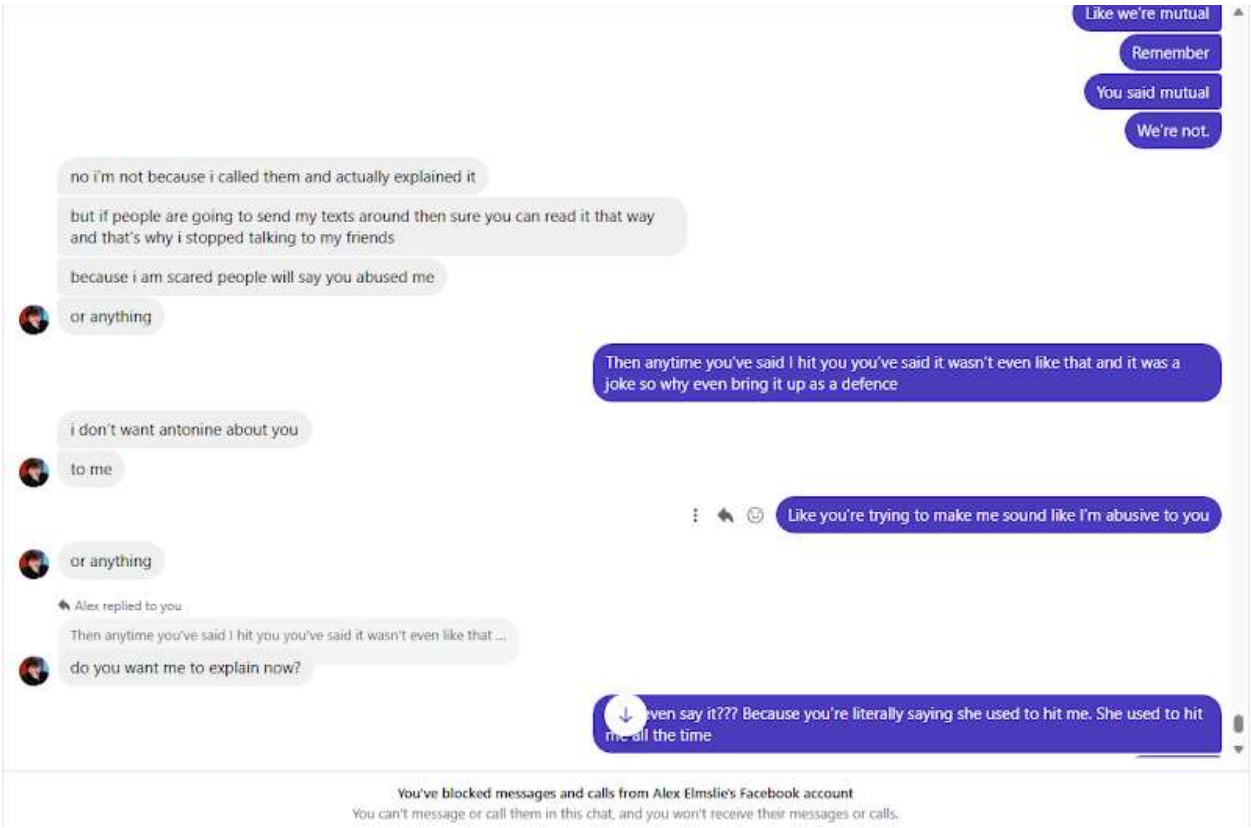

the cat thing
I slapped your
You
When you screamed whore at me at your flat
And other shit you screamed
I accidentally did in my sleep once
okay let me rephrase it
And you said I punched you in the face
if i talks to you about this
are we going to fight
I didn't punch you in the face. Over a cat.
You've now said to them that I hit you ALOT
because i think you think im trying to attack you
you said we argued all the time over me hitting you
i got kicked a lot in bed
No you have made it sound like I hit you all the time and that's why we argue
You've done that
What
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First

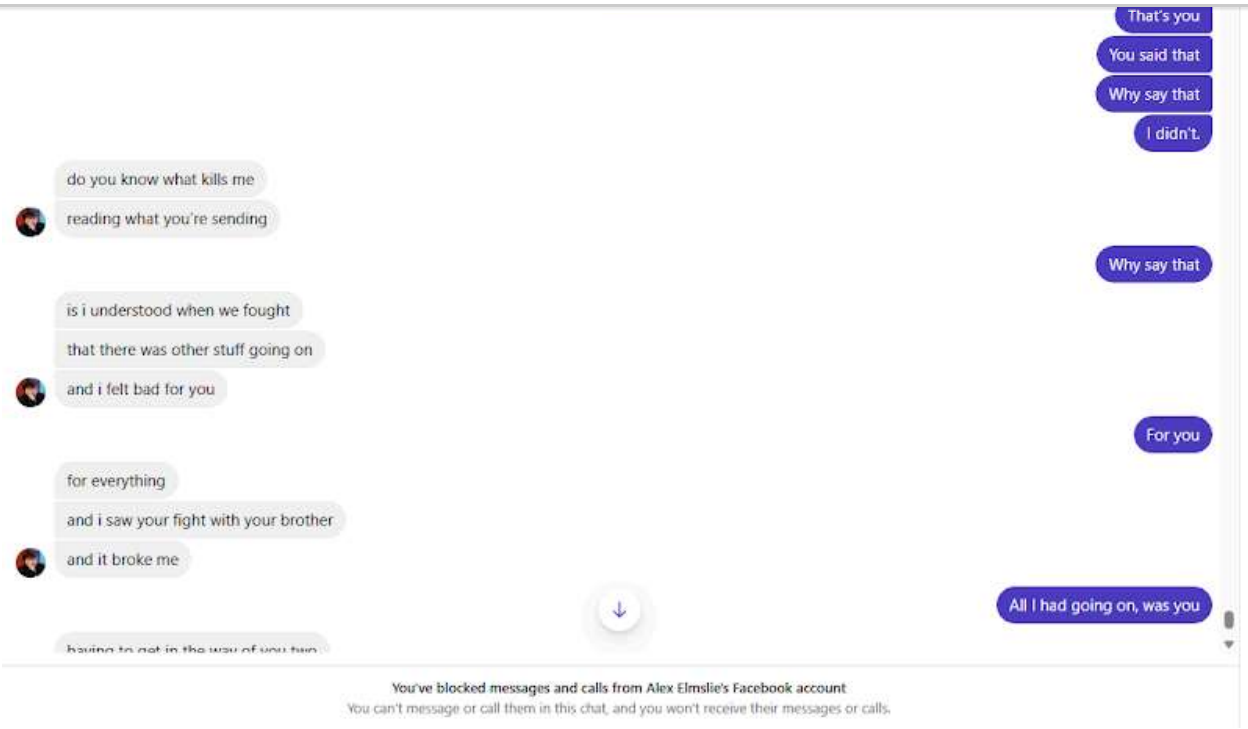

look it's a text message
I never aggressively fucking hit you
and obviously you can read into like that
I never went for you
but that isn't what i said on call
I never attacked you
i know
and i didn't say you did
So why the fuck
this is my issue
Say I did like that
well can i explain?????
i can literally tell you
right now
You've blocked messages and calls from Alex Elmslie's Facebook account
i can literally tell you
right now
and this isn't an issue
You told them that shit with no context?? You know how that's going to make me sound
You do right
because it's actually what i said to then
no i didn't
You know what you did
we had. along call
so please don't
this sis already really fucked up
like i'm so sick
i've been fainting so i had to go live with my parents
and they had to live here
i really want this over
and i'm sure you do
so can i explain
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

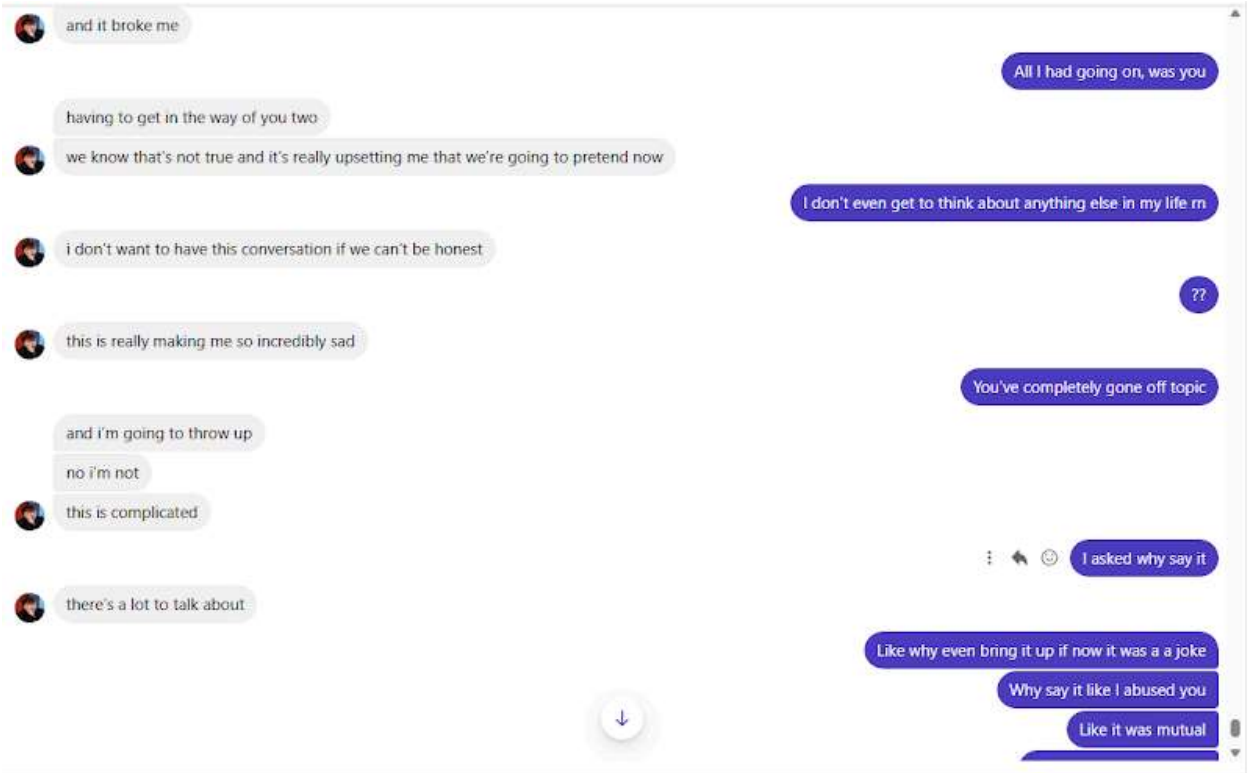
# Response - Read First


so can i explain
what i said on call
I don't really care what you've had to go through because I'm just as fucked up and yours is only from guilt
yeah i'm not saying that for an apology
i don't want an apology
You look like you're trying to save yourself in that conversation saying I hit you with zero context
At all
i don't want anything
Like I'm just as bad as you are
Like we're mutual
Remember
You said mutual
We're not.
no i'm not because i called them and actually explained it
but if people are going to send my texts around then sure you can read it that way
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

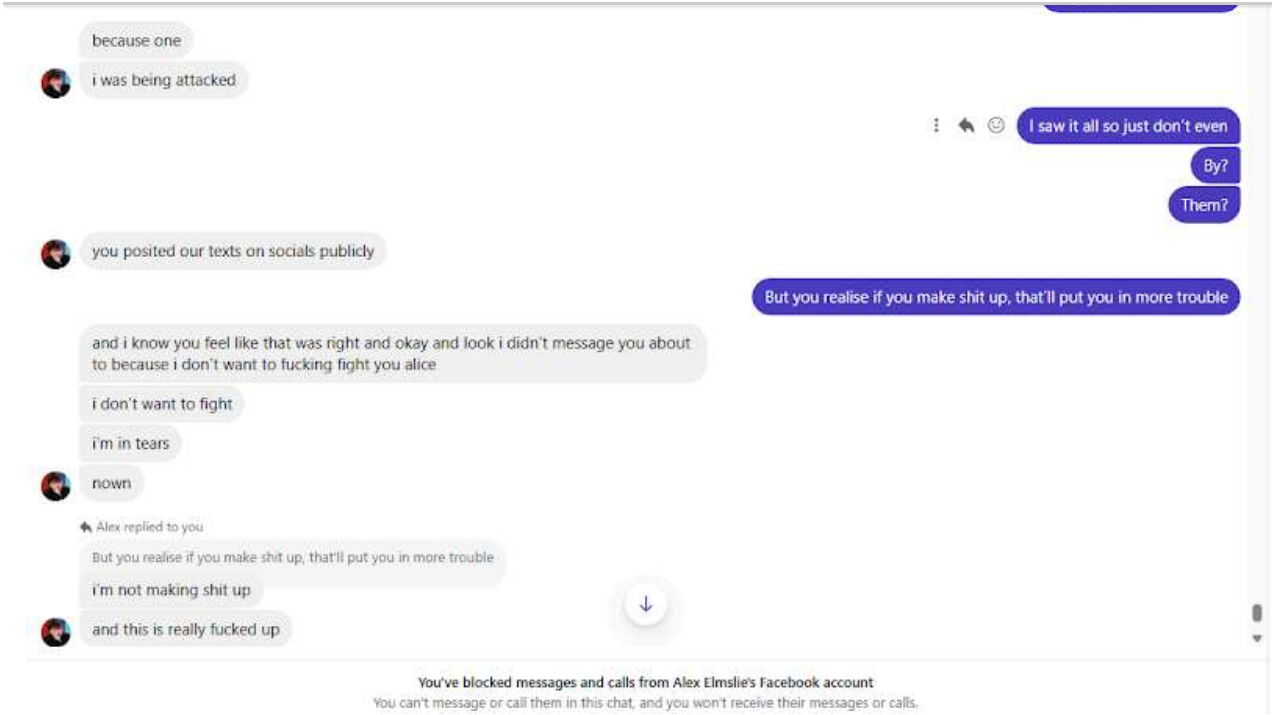

Like we're mutual
Remember
You said mutual
We're not.
no i'm not because i called them and actually explained it
but if people are going to send my texts around then sure you can read it that way and that's why i stopped talking to my friends
because i am scared people will say you abused me
or anything
Then anytime you've said I hit you you've said it wasn't even like that and it was a joke so why even bring it up as a defence
i don't want antonine about you
to me
Like you're trying to make me sound like I'm abusive to you
or anything
Alex replied to you
Then anytime you've said I hit you you've said it wasn't even like that ...
do you want me to explain now?
even say it??? Because you're literally saying she used to hit me. She used to hit me all the time
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First

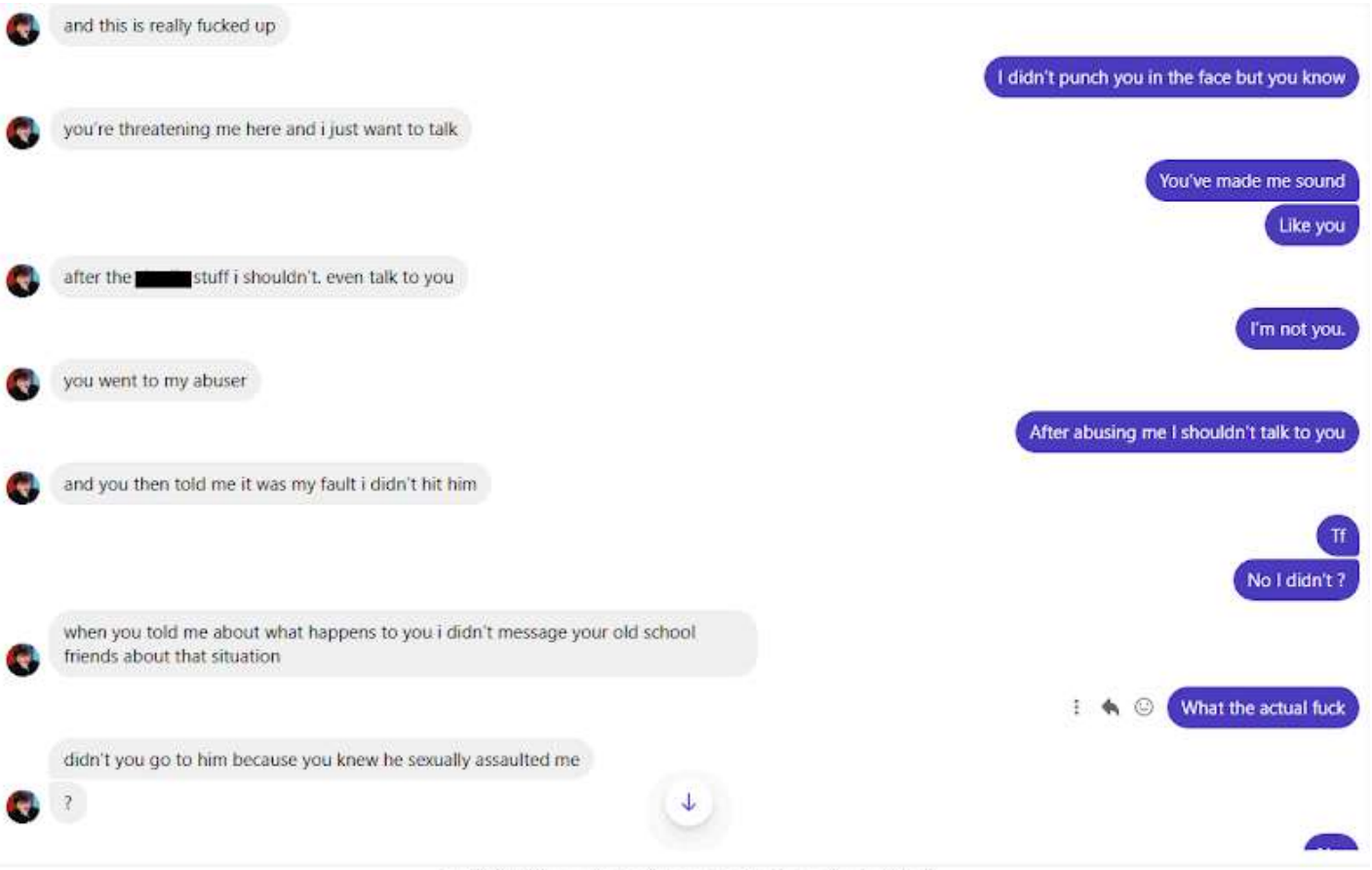

That's you
You said that
Why say that
I didn't.
do you know what kills me
reading what you're sending
Why say that
is i understood when we fought
that there was other stuff going on
and i felt bad for you
For you
for everything
and i saw your fight with your brother
and it broke me
All I had going on, was you
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.


and it broke me
All I had going on, was you
having to get in the way of you two
we know that's not true and it's really upsetting me that we're going to pretend now
I don't even get to think about anything else in my life rn
i don't want to have this conversation if we can't be honest
??
this is really making me so incredibly sad
You've completely gone off topic
and i'm going to throw up
no i'm not
this is complicated
I asked why say it
there's a lot to talk about
Like why even bring it up if now it was a a joke
Why say it like I abused you
Like it was mutual

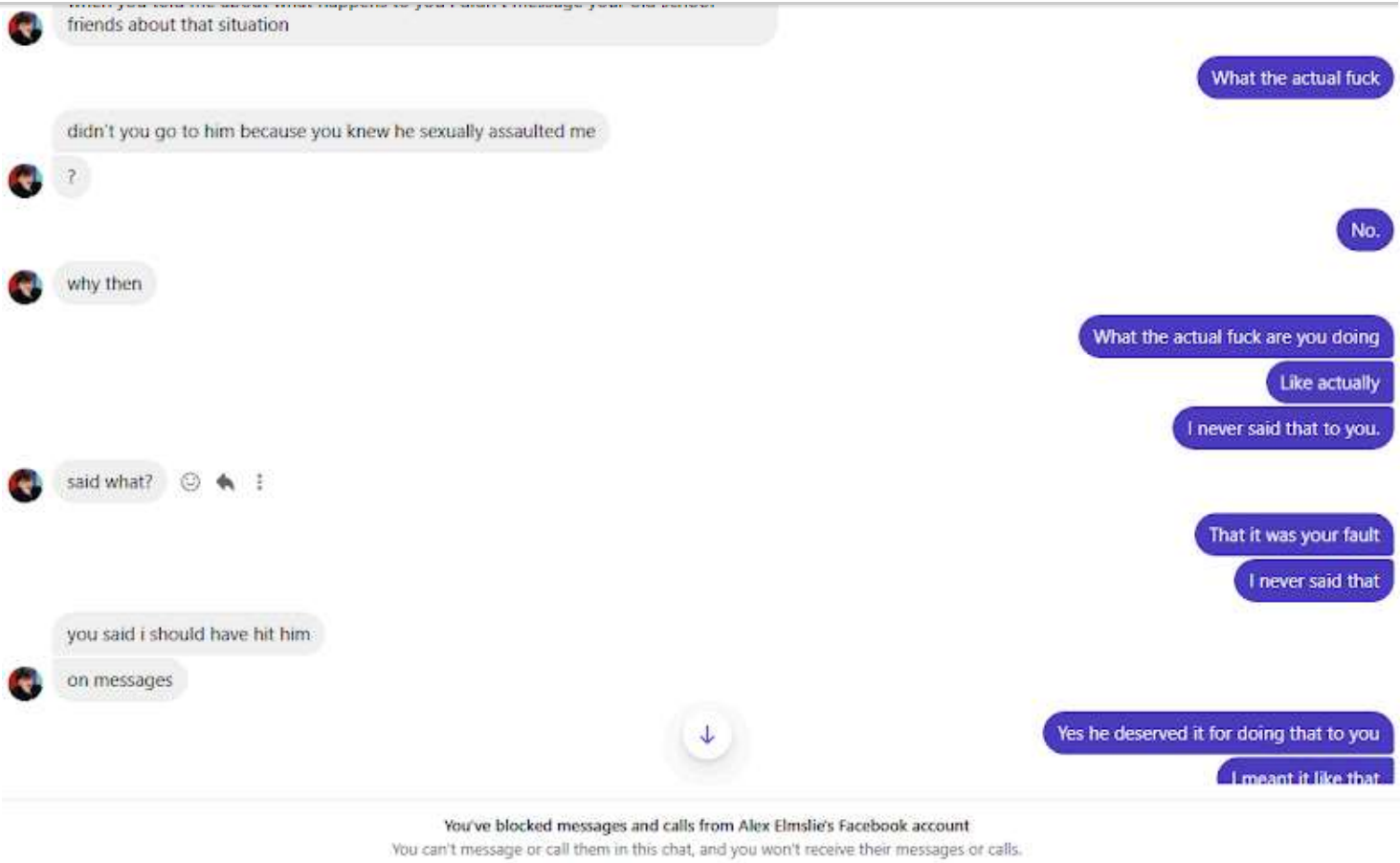
# Response - Read First


because one
i was being attacked
I saw it all so just don't even
By?
Them?
you posited our texts on socials publicly
But you realise if you make shit up, that'll put you in more trouble
and i know you feel like that was right and okay and look i didn't message you about to because i don't want to fucking fight you alice
i don't want to fight
i'm in tears
nown
Alex replied to you
But you realise if you make shit up, that'll put you in more trouble
i'm not making shit up
and this is really fucked up

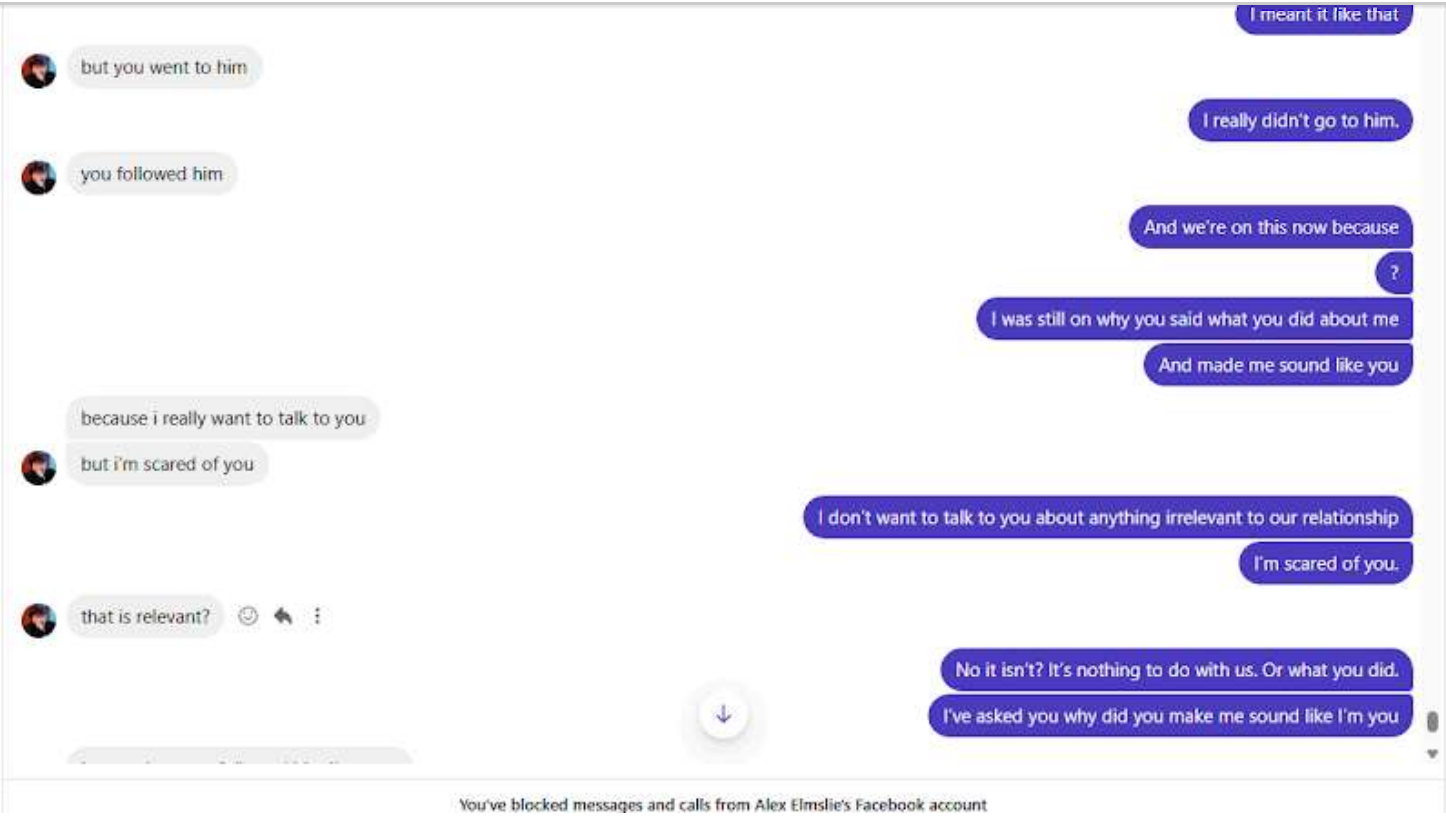
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

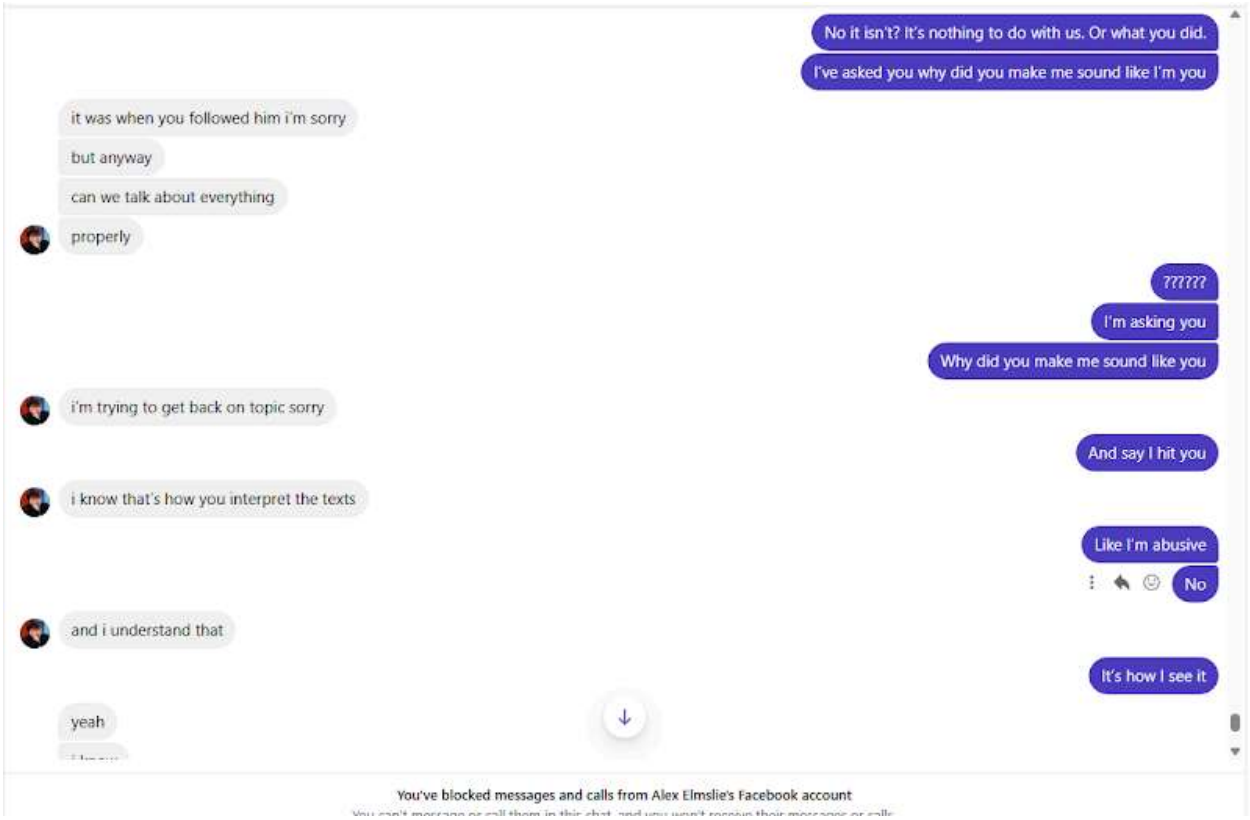

and this is really fucked up
I didn't punch you in the face but you know
you're threatening me here and i just want to talk
You've made me sound
Like you
after the [redacted] stuff i shouldn't. even talk to you
I'm not you.
you went to my abuser
After abusing me I shouldn't talk to you
and you then told me it was my fault i didn't hit him
Tf
No I didn't ?
when you told me about what happens to you i didn't message your old school friends about that situation
What the actual fuck
didn't you go to him because you knew he sexually assaulted me
?

# Response - Read First

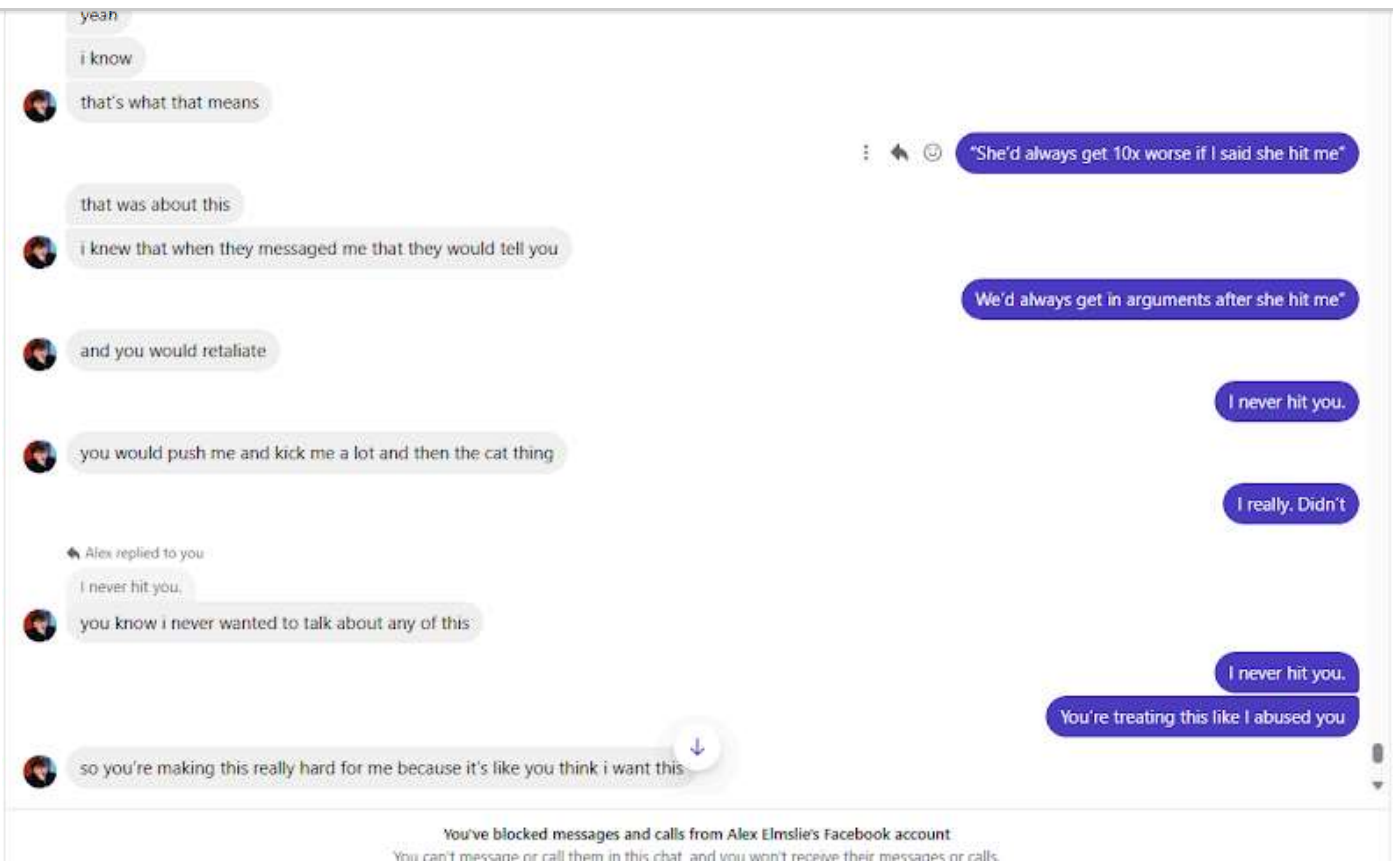

friends about that situation
What the actual fuck
didn't you go to him because you knew he sexually assaulted me
?
No.
why then
What the actual fuck are you doing
Like actually
I never said that to you.
said what?
That it was your fault
I never said that
you said i should have hit him
on messages
Yes he deserved it for doing that to you
I meant it like that
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

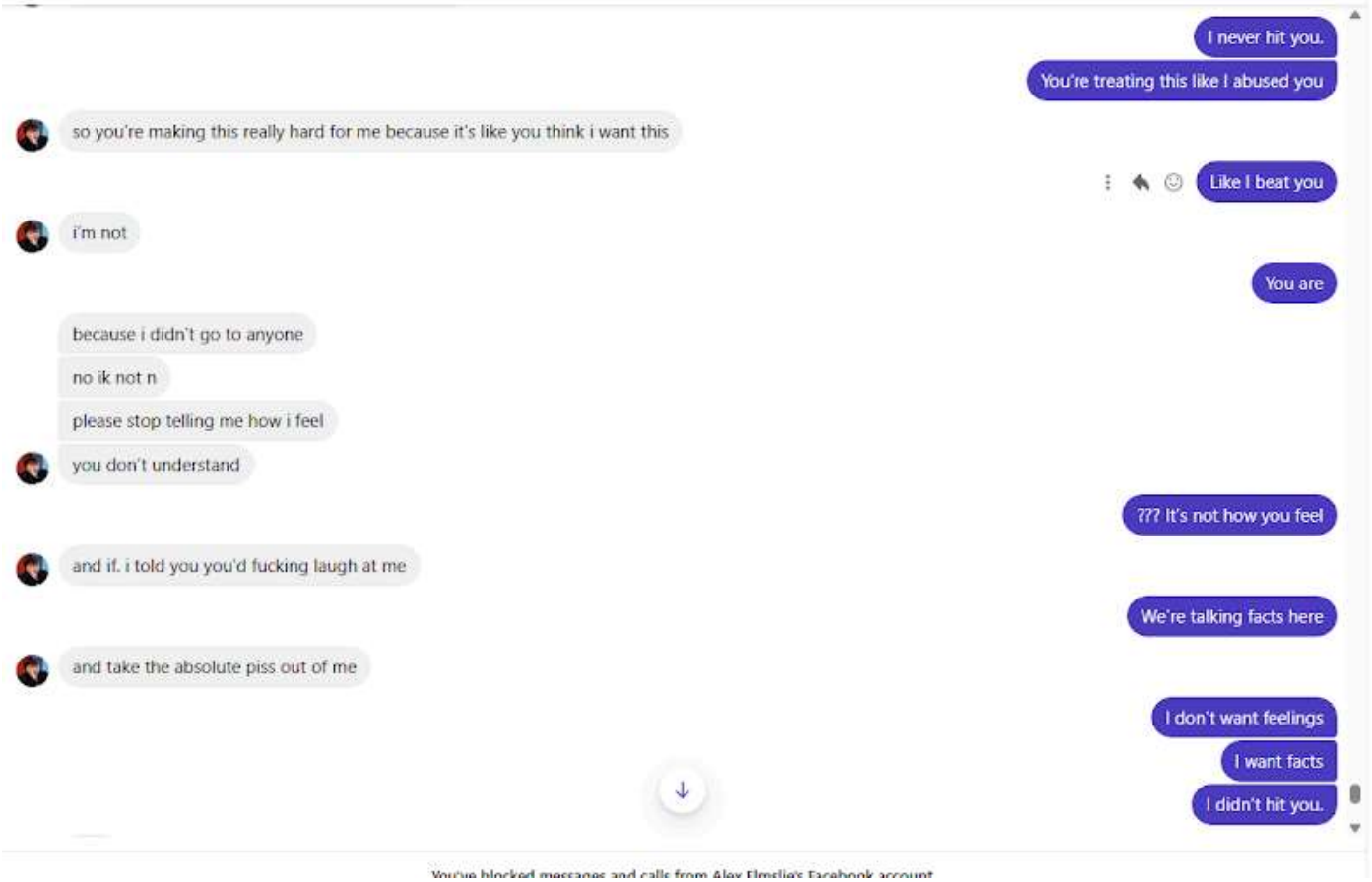
# Response - Read First


I meant it like that
but you went to him
I really didn't go to him.
you followed him
And we're on this now because
?
I was still on why you said what you did about me
And made me sound like you
because i really want to talk to you
but i'm scared of you
I don't want to talk to you about anything irrelevant to our relationship
I'm scared of you.
that is relevant?
No it isn't? It's nothing to do with us. Or what you did.
I've asked you why did you make me sound like I'm you
You've blocked messages and calls from Alex Elmslie's Facebook account

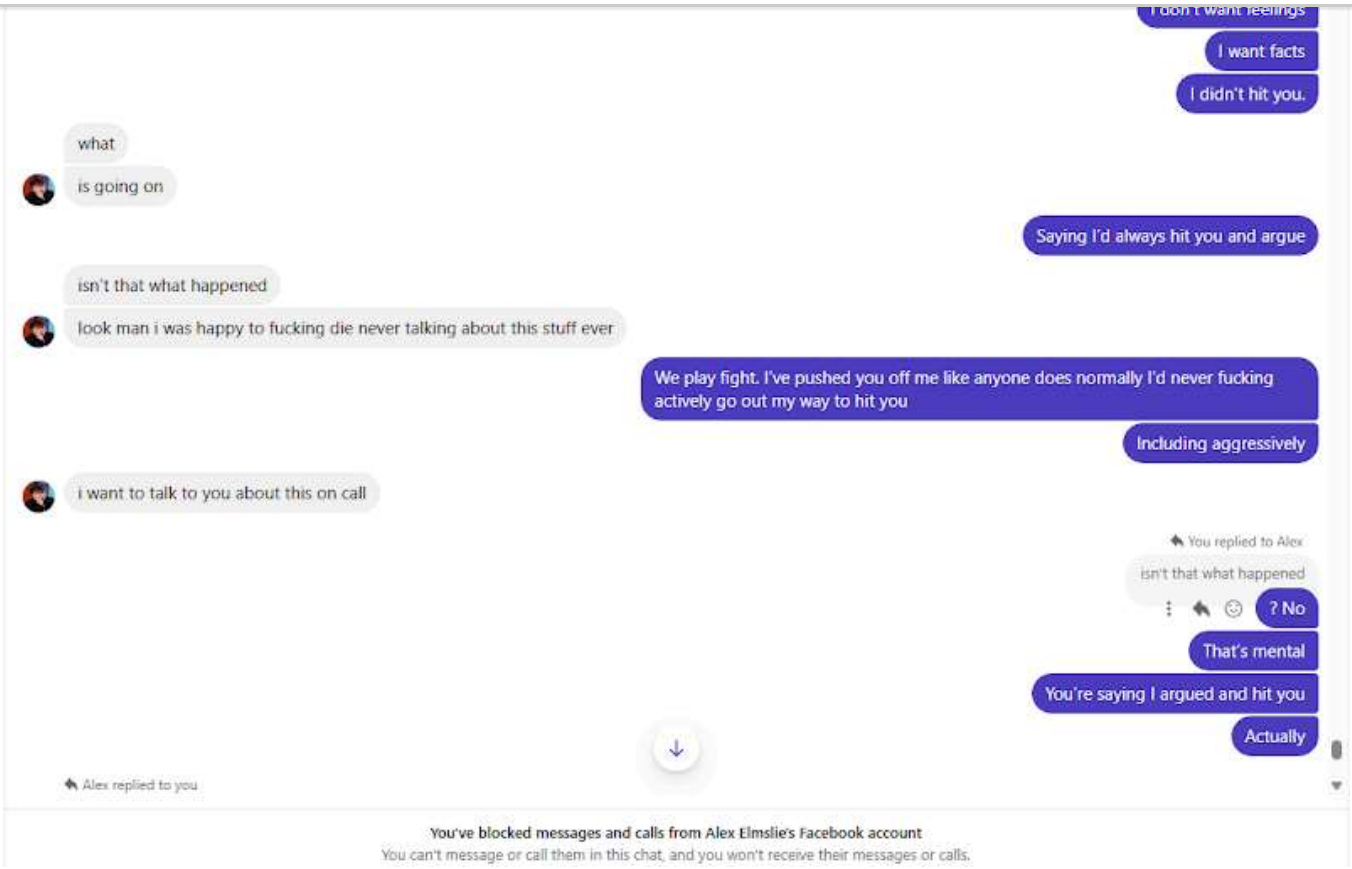

No it isn't? It's nothing to do with us. Or what you did.
I've asked you why did you make me sound like I'm you
it was when you followed him i'm sorry
but anyway
can we talk about everything
properly
??????
I'm asking you
Why did you make me sound like you
i'm trying to get back on topic sorry
And say I hit you
i know that's how you interpret the texts
Like I'm abusive
No
and i understand that
It's how I see it
yeah
You've blocked messages and calls from Alex Elmslie's Facebook account

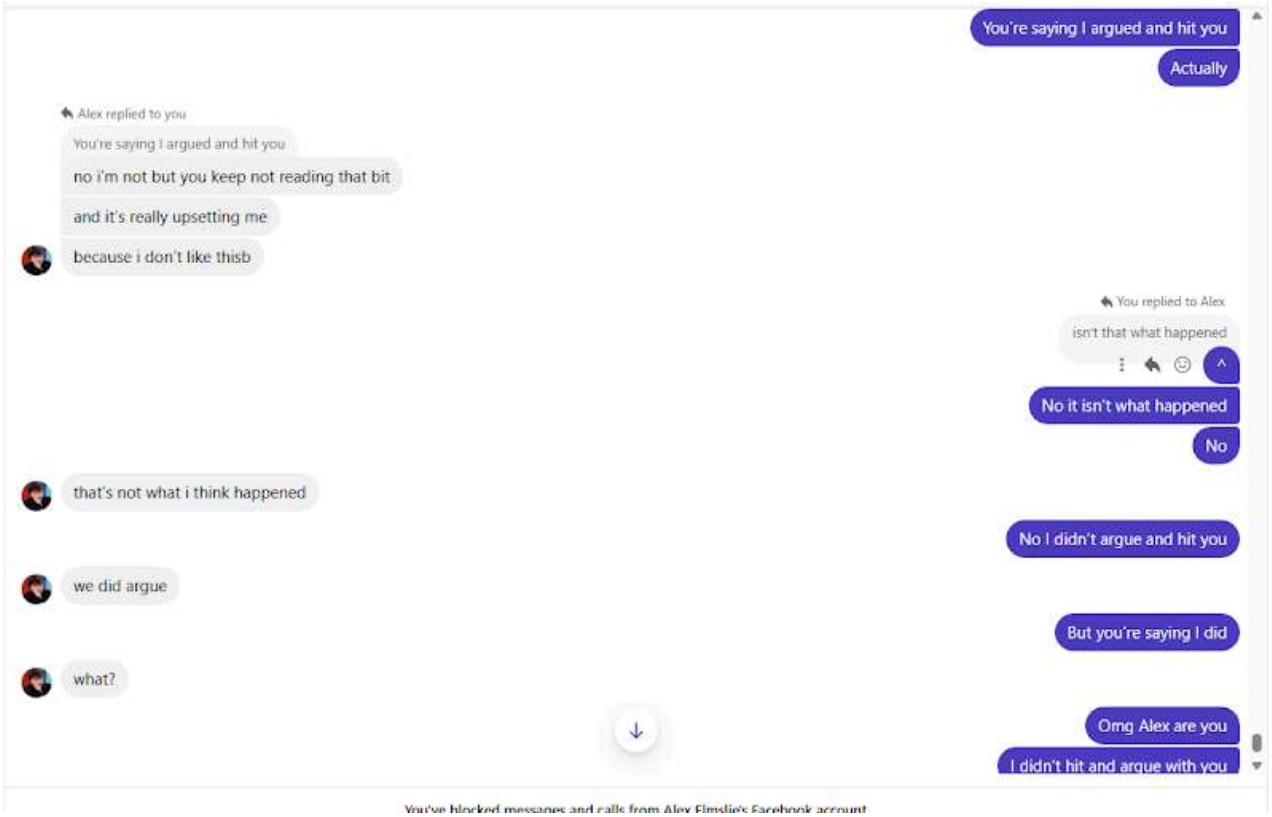
# Response - Read First


yeah
i know
that's what that means
"She'd always get 10x worse if I said she hit me"
that was about this
i knew that when they messaged me that they would tell you
We'd always get in arguments after she hit me"
and you would retaliate
I never hit you.
you would push me and kick me a lot and then the cat thing
I really. Didn't
Alex replied to you
I never hit you.
you know i never wanted to talk about any of this
I never hit you.
You're treating this like I abused you
so you're making this really hard for me because it's like you think i want this
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

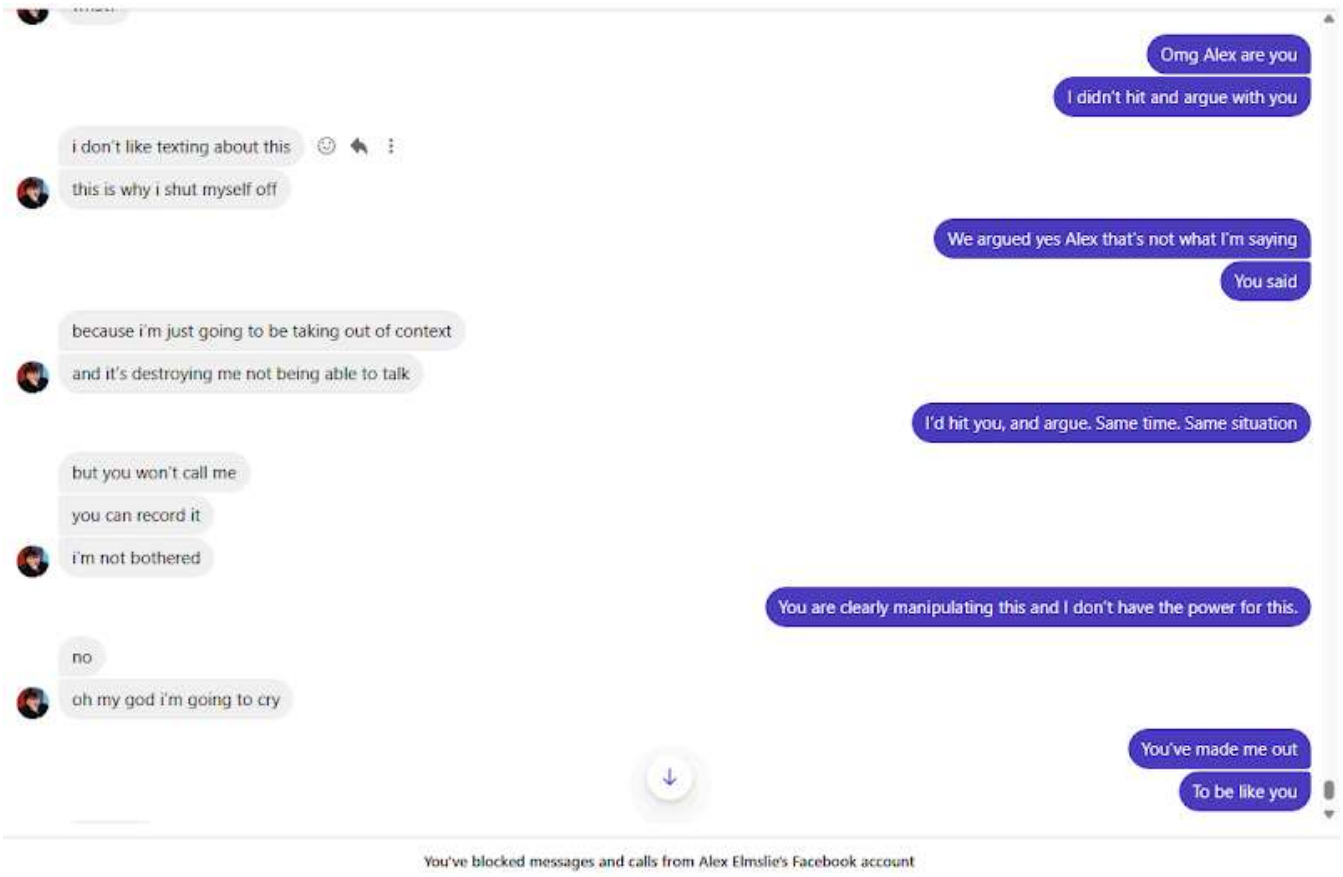

I never hit you.
You're treating this like I abused you
so you're making this really hard for me because it's like you think i want this
Like I beat you
i'm not
You are
because i didn't go to anyone
no ik not n
please stop telling me how i feel
you don't understand
??? It's not how you feel
and if. i told you you'd fucking laugh at me
We're talking facts here
and take the absolute piss out of me
I don't want feelings
I want facts
I didn't hit you.

# Response - Read First

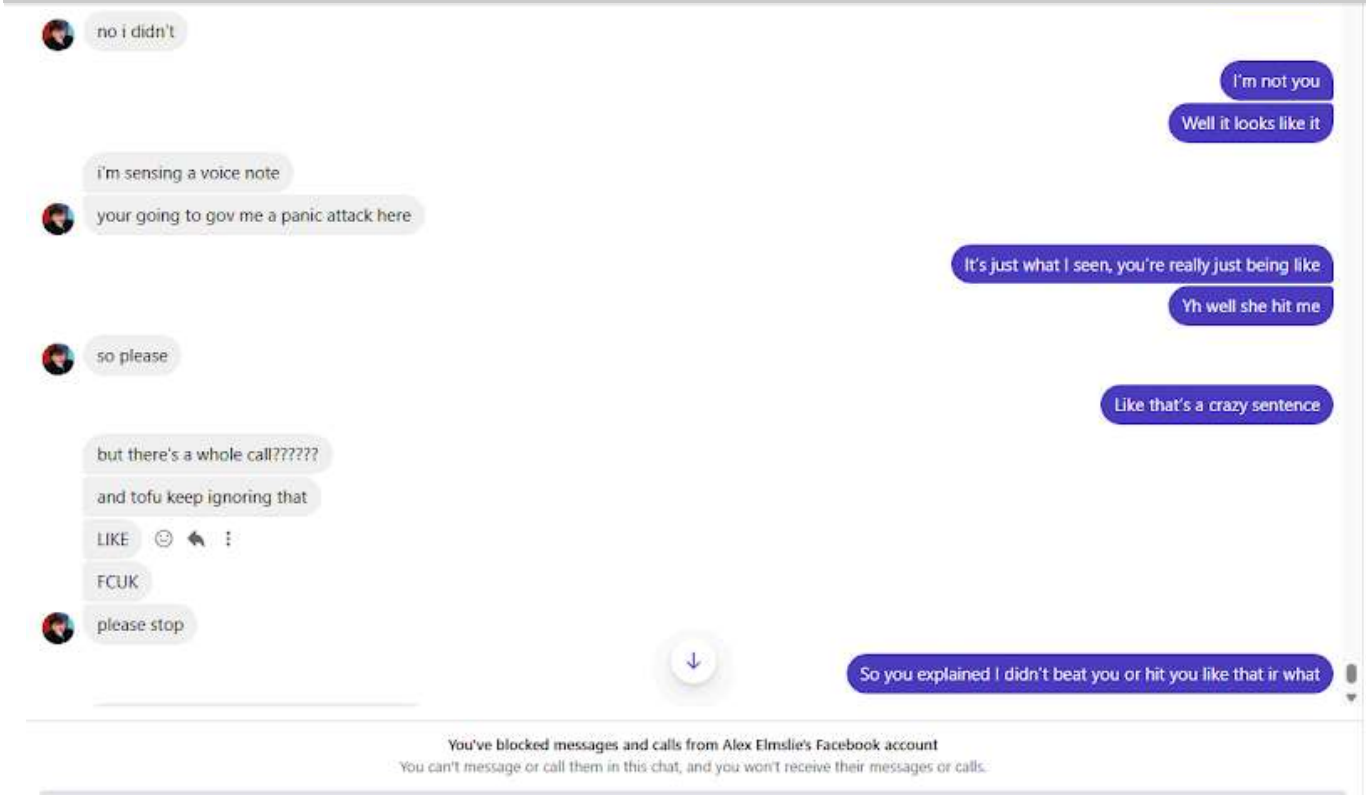

I want facts
I didn't hit you.
what
is going on
Saying I'd always hit you and argue
isn't that what happened
look man i was happy to fucking die never talking about this stuff ever
We play fight. I've pushed you off me like anyone does normally I'd never fucking actively go out my way to hit you
Including aggressively
i want to talk to you about this on call
You replied to Alex
isn't that what happened
? No
That's mental
You're saying I argued and hit you
Actually
Alex replied to you
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

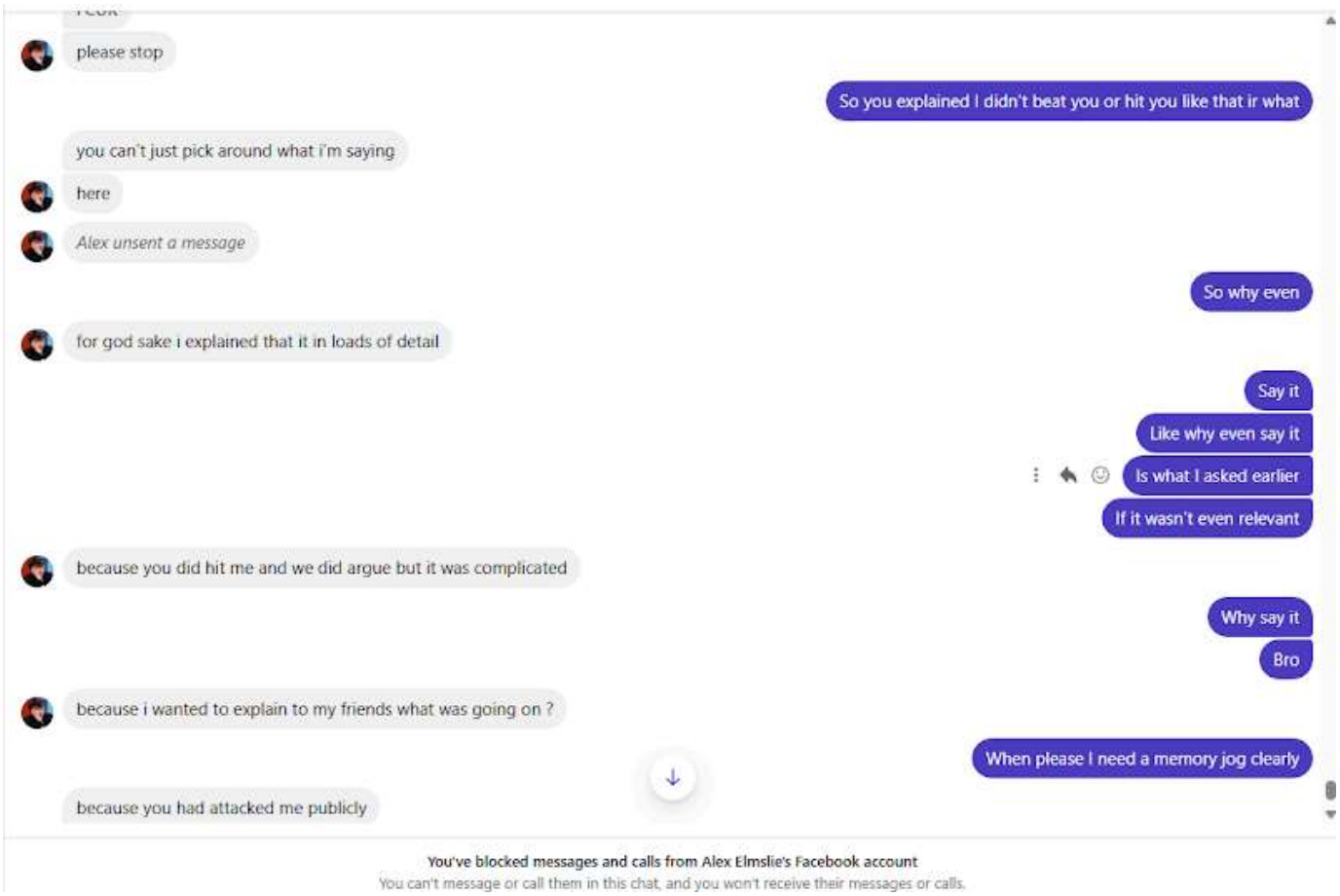

You're saying I argued and hit you
Actually
Alex replied to you
You're saying I argued and hit you
no i'm not but you keep not reading that bit
and it's really upsetting me
because i don't like thisb
You replied to Alex
isn't that what happened
^
No it isn't what happened
No
that's not what i think happened
No I didn't argue and hit you
we did argue
But you're saying I did
what?
Omg Alex are you
I didn't hit and argue with you

# Response - Read First

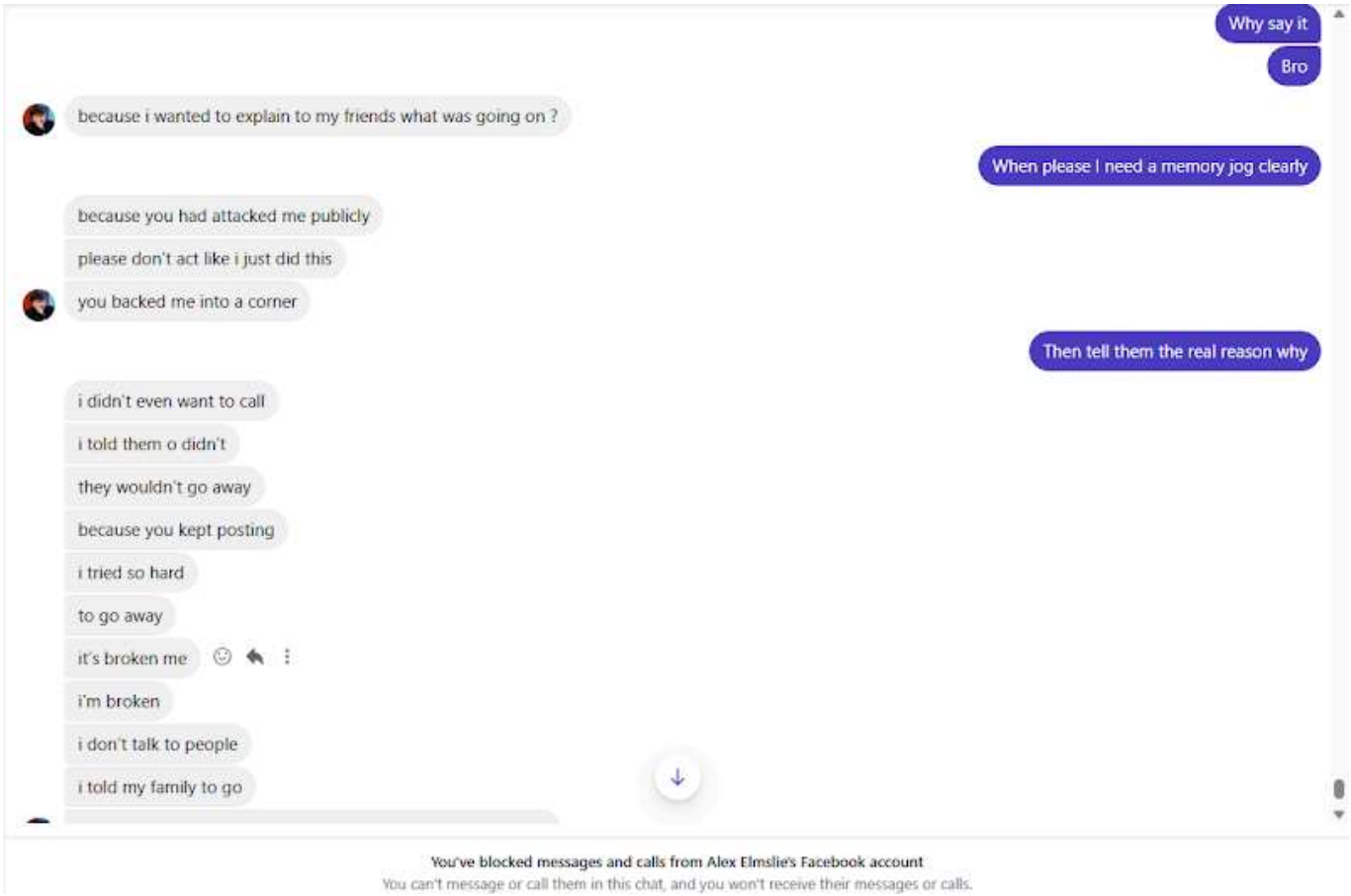

Omg Alex are you
I didn't hit and argue with you
i don't like texting about this
this is why i shut myself off
We argued yes Alex that's not what I'm saying
You said
because i'm just going to be taking out of context
and it's destroying me not being able to talk
I'd hit you, and argue. Same time. Same situation
but you won't call me
you can record it
i'm not bothered
You are clearly manipulating this and I don't have the power for this.
no
oh my god i'm going to cry
You've made me out
To be like you
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First

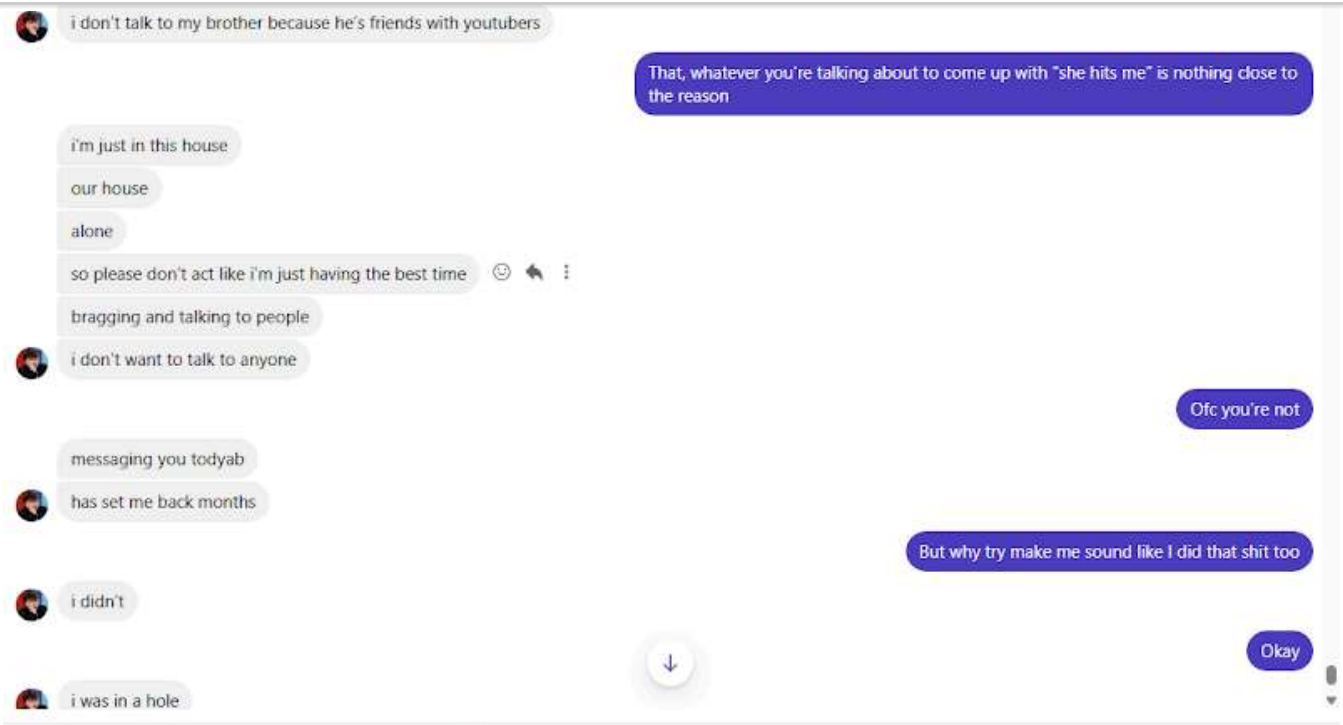

no i didn't
I'm not you
Well it looks like it
i'm sensing a voice note
your going to gov me a panic attack here
It's just what I seen, you're really just being like
Yh well she hit me
so please
Like that's a crazy sentence
but there's a whole call??????
and tofu keep ignoring that
LIKE
FCUK
please stop
So you explained I didn't beat you or hit you like that ir what
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

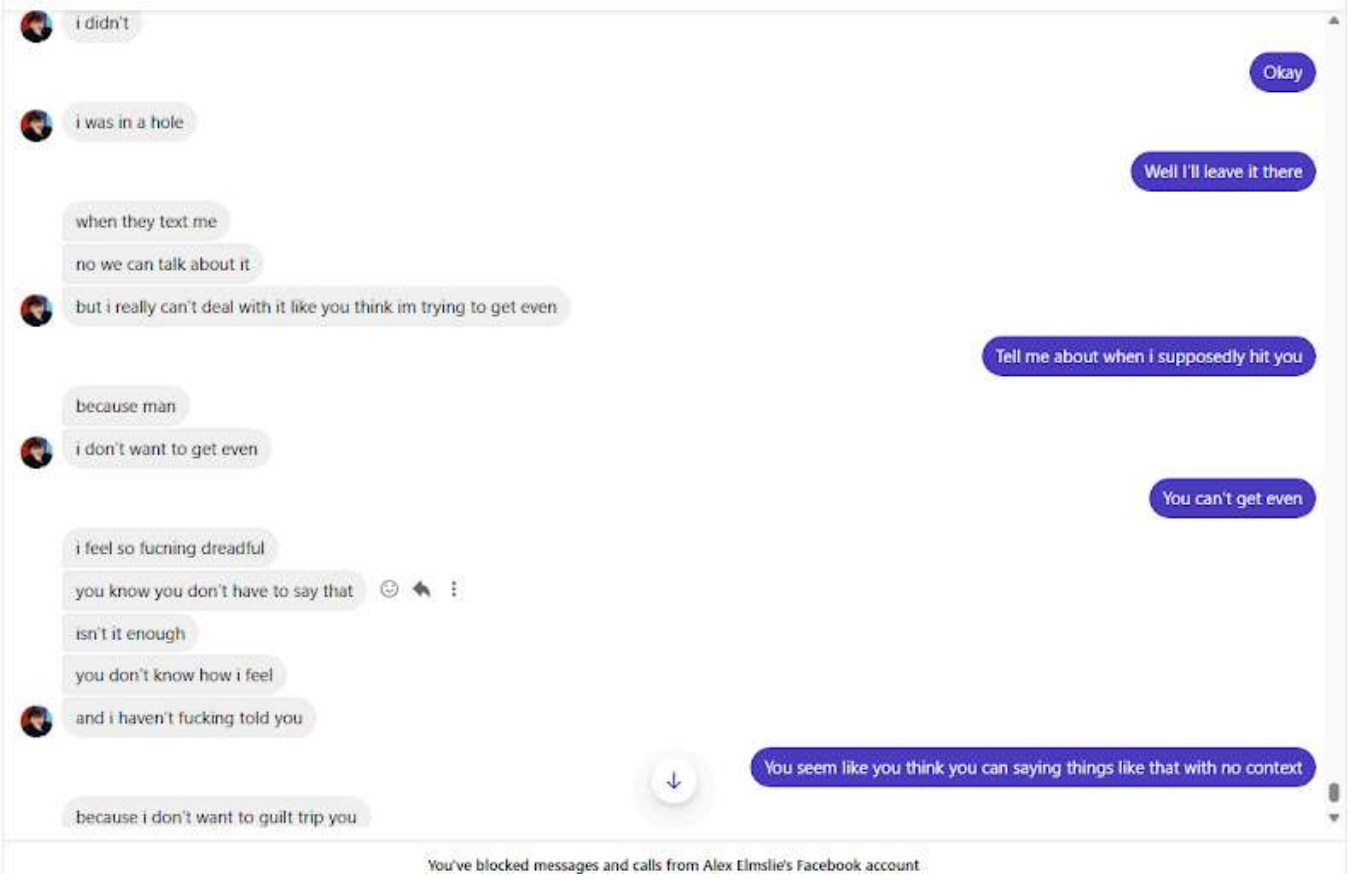

please stop
So you explained I didn't beat you or hit you like that ir what
you can't just pick around what i'm saying
here
Alex unsent a message
So why even
for god sake i explained that it in loads of detail
Say it
Like why even say it
Is what I asked earlier
If it wasn't even relevant
because you did hit me and we did argue but it was complicated
Why say it
Bro
because i wanted to explain to my friends what was going on ?
When please I need a memory jog clearly
because you had attacked me publicly
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First

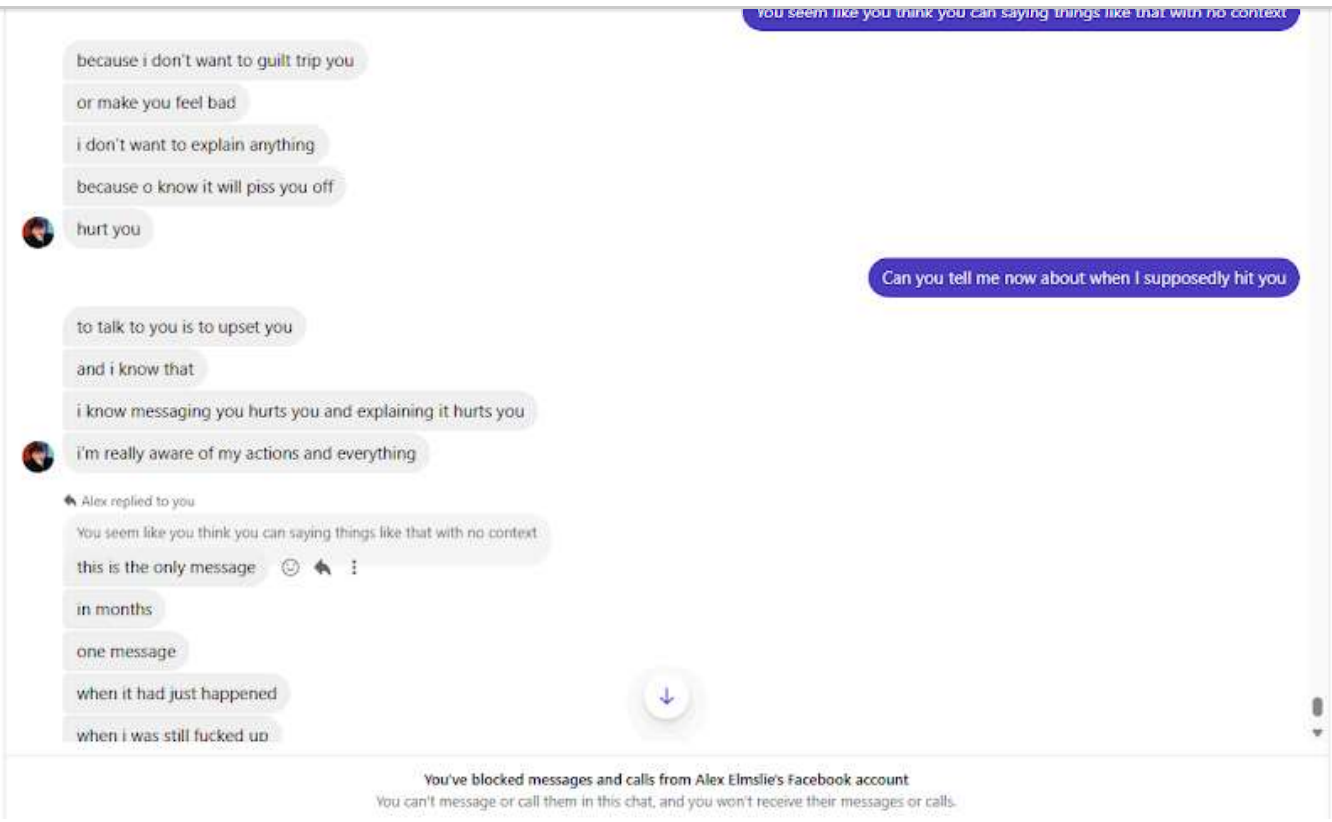

Why say it
Bro
because i wanted to explain to my friends what was going on ?
When please I need a memory jog clearly
because you had attacked me publicly
please don't act like i just did this
you backed me into a corner
Then tell them the real reason why
i didn't even want to call
i told them o didn't
they wouldn't go away
because you kept posting
i tried so hard
to go away
it's broken me
i'm broken
i don't talk to people
i told my family to go
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

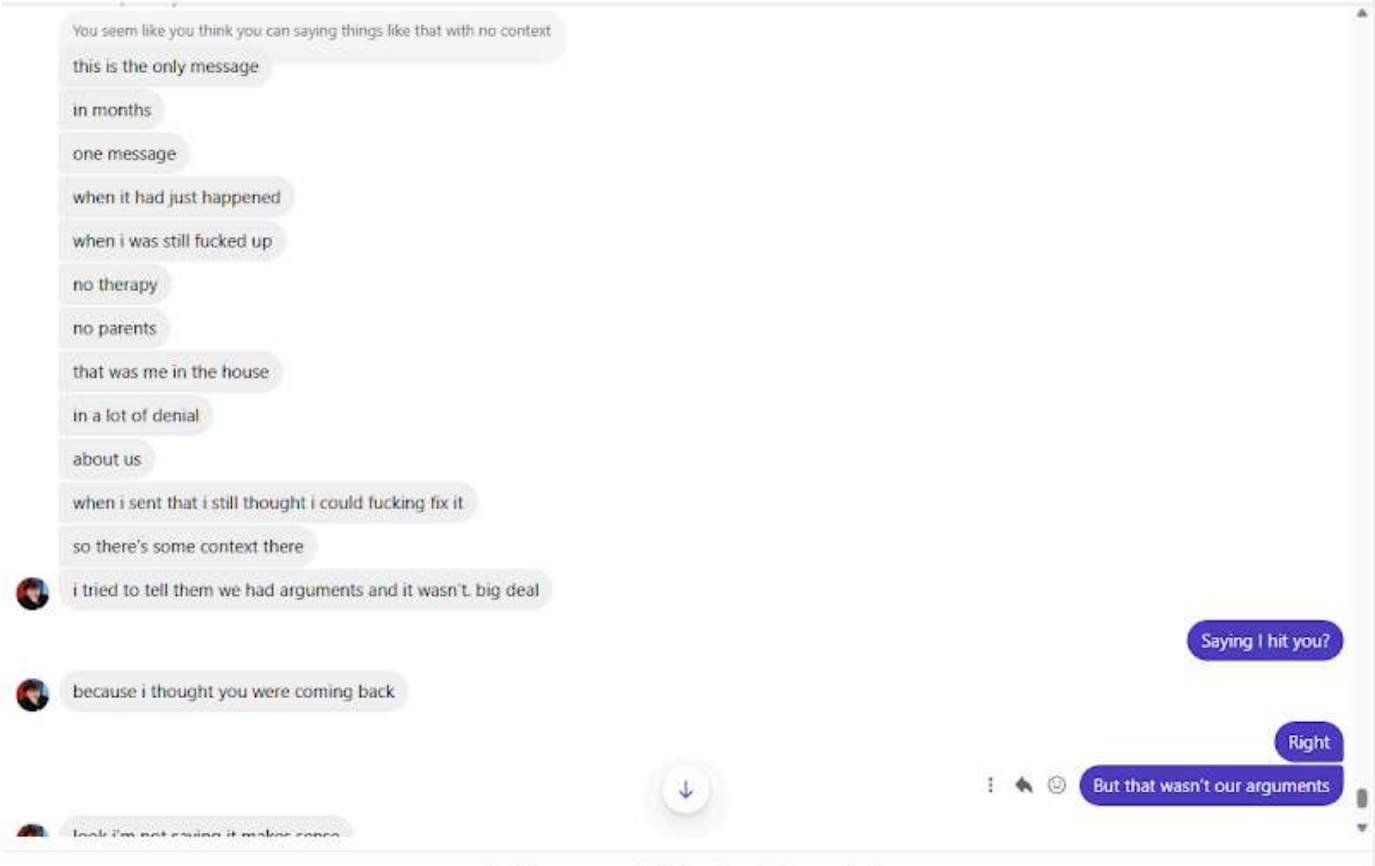
# Response - Read First


i don't talk to my brother because he's friends with youtubers
That, whatever you're talking about to come up with "she hits me" is nothing close to the reason
i'm just in this house
our house
alone
so please don't act like i'm just having the best time
bragging and talking to people
i don't want to talk to anyone
Ofc you're not
messaging you todyab
has set me back months
But why try make me sound like I did that shit too
i didn't
Okay
i was in a hole
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

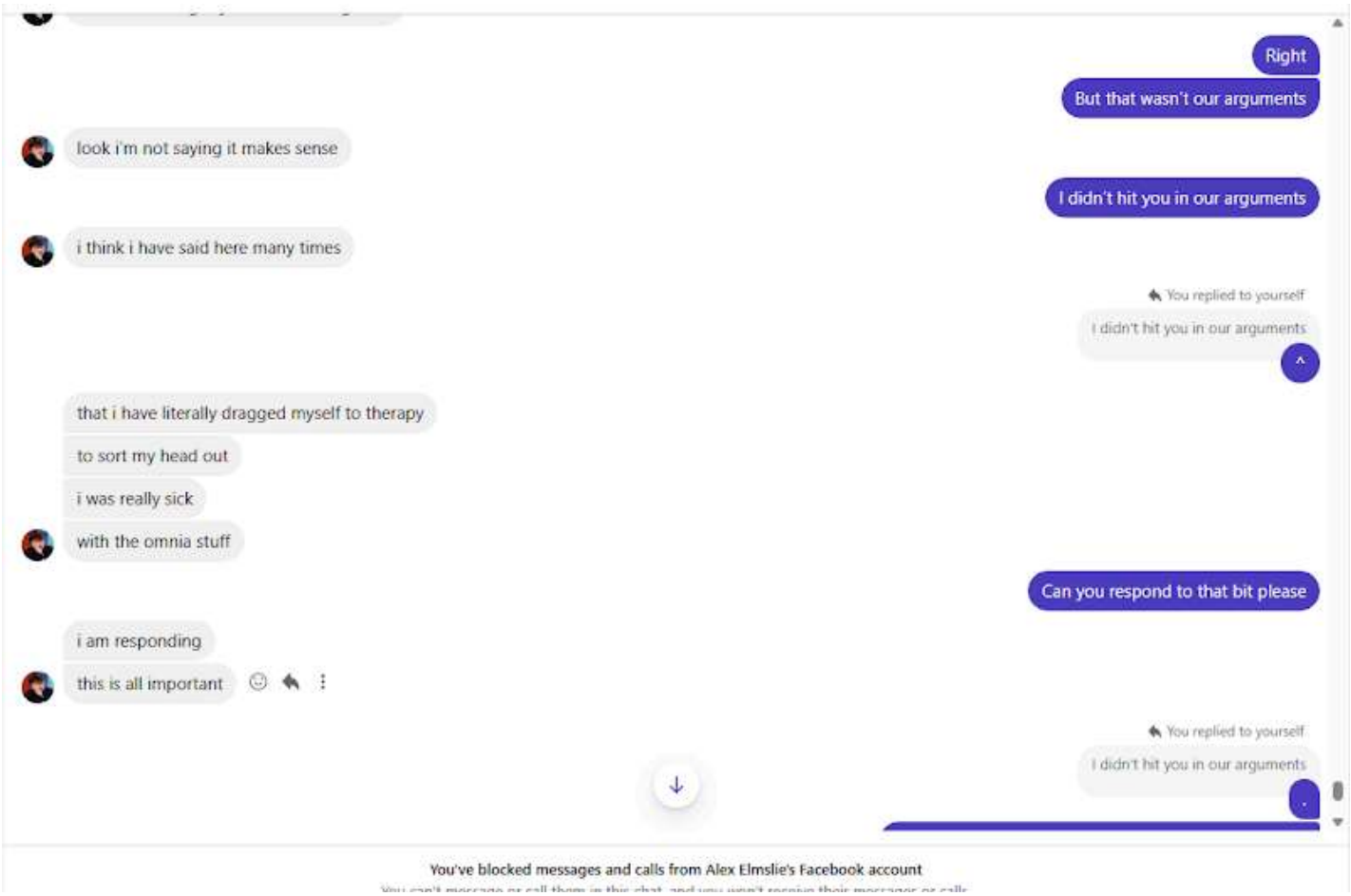

i didn't
Okay
i was in a hole
Well I'll leave it there
when they text me
no we can talk about it
but i really can't deal with it like you think im trying to get even
Tell me about when i supposedly hit you
because man
i don't want to get even
You can't get even
i feel so fucning dreadful
you know you don't have to say that
isn't it enough
you don't know how i feel
and i haven't fucking told you
You seem like you think you can saying things like that with no context
because i don't want to guilt trip you
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First

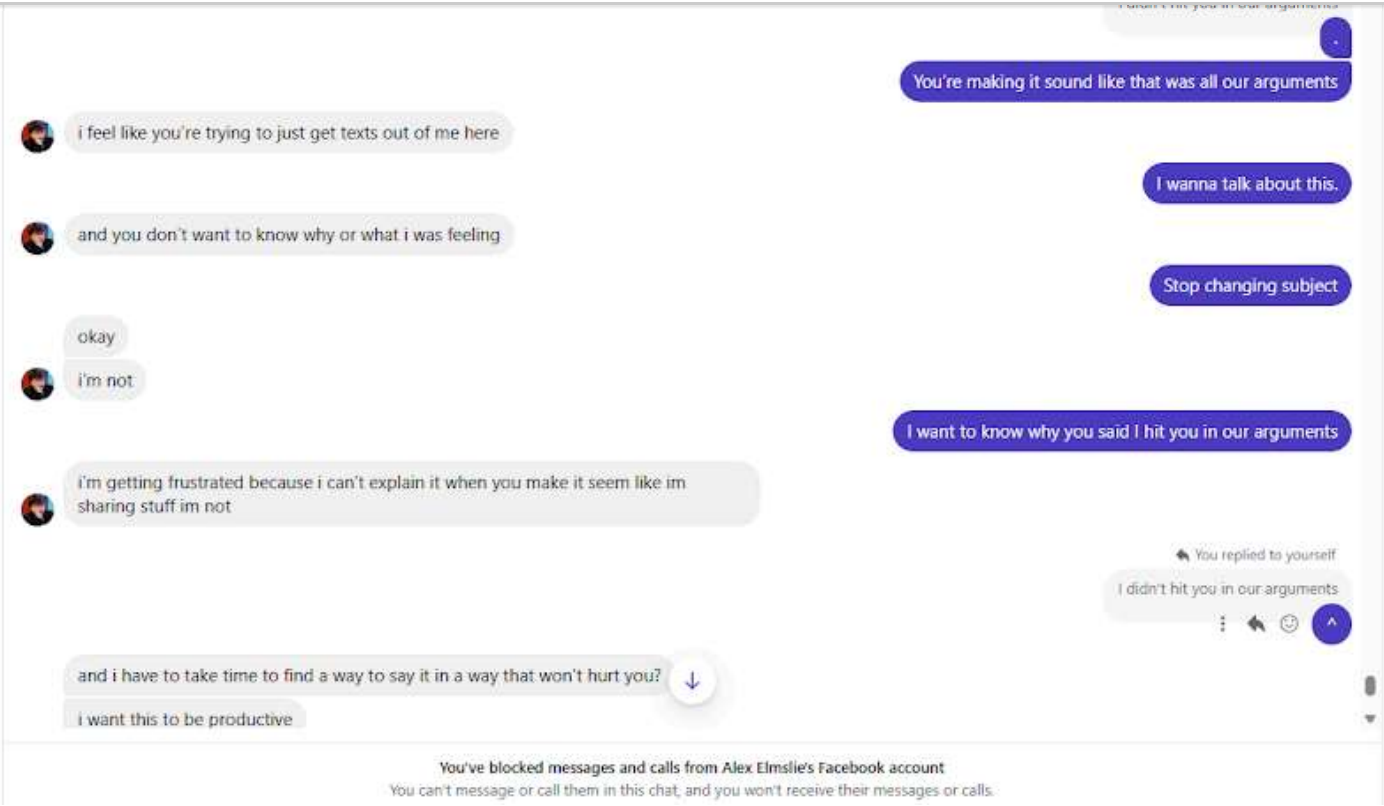

You seem like you think you can saying things like that with no context
because i don't want to guilt trip you
or make you feel bad
i don't want to explain anything
because o know it will piss you off
hurt you
Can you tell me now about when I supposedly hit you
to talk to you is to upset you
and i know that
i know messaging you hurts you and explaining it hurts you
i'm really aware of my actions and everything
Alex replied to you
You seem like you think you can saying things like that with no context
this is the only message
in months
one message
when it had just happened
when i was still fucked up
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.


You seem like you think you can saying things like that with no context
this is the only message
in months
one message
when it had just happened
when i was still fucked up
no therapy
no parents
that was me in the house
in a lot of denial
about us
when i sent that i still thought i could fucking fix it
so there's some context there
i tried to tell them we had arguments and it wasn't. big deal
Saying I hit you?
because i thought you were coming back
Right
But that wasn't our arguments

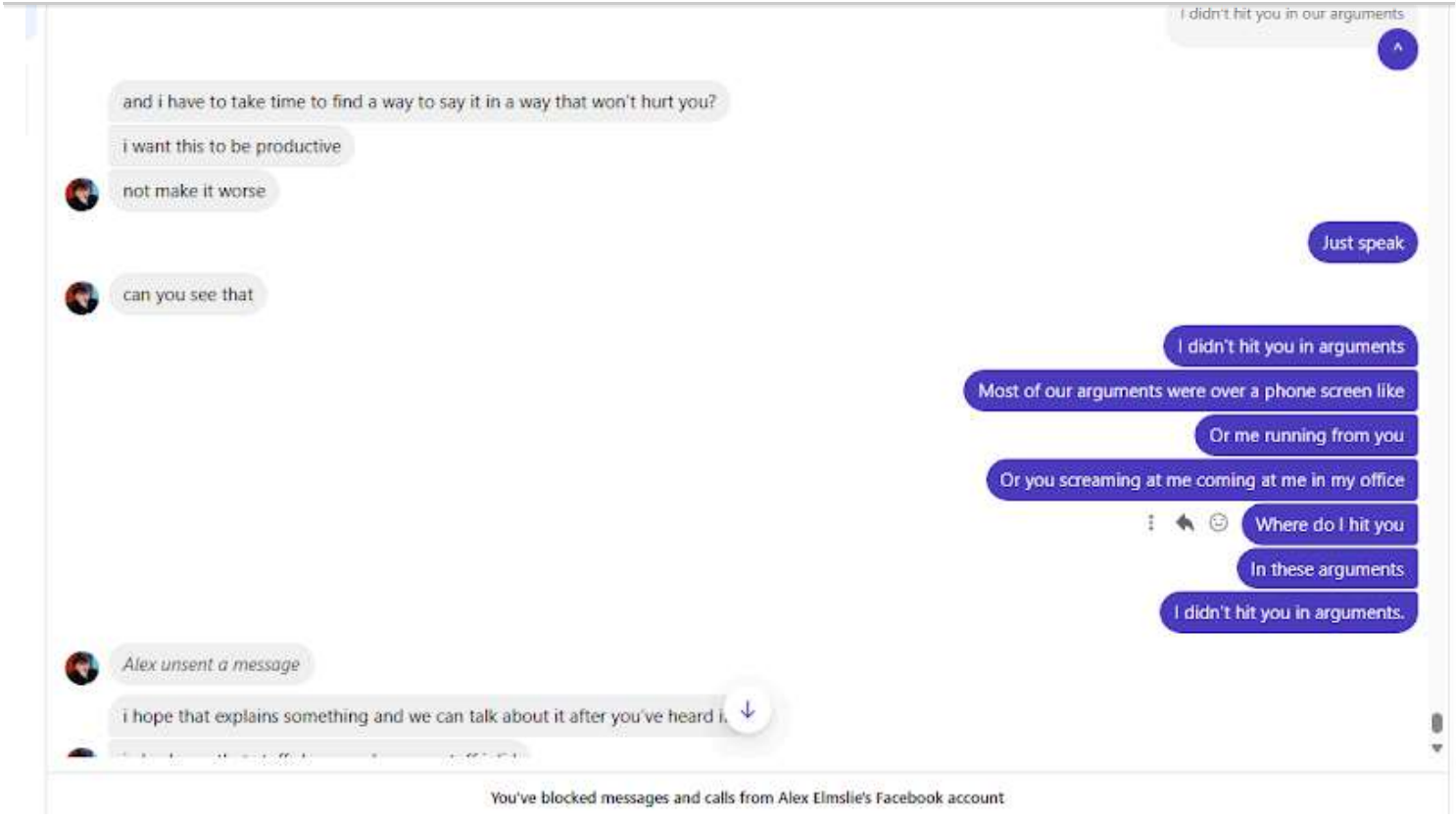
# Response - Read First


Right
But that wasn't our arguments
look i'm not saying it makes sense
I didn't hit you in our arguments
i think i have said here many times
You replied to yourself
I didn't hit you in our arguments
^
that i have literally dragged myself to therapy
to sort my head out
i was really sick
with the omnia stuff
Can you respond to that bit please
i am responding
this is all important
You replied to yourself
I didn't hit you in our arguments
.
You've blocked messages and calls from Alex Elmslie's Facebook account

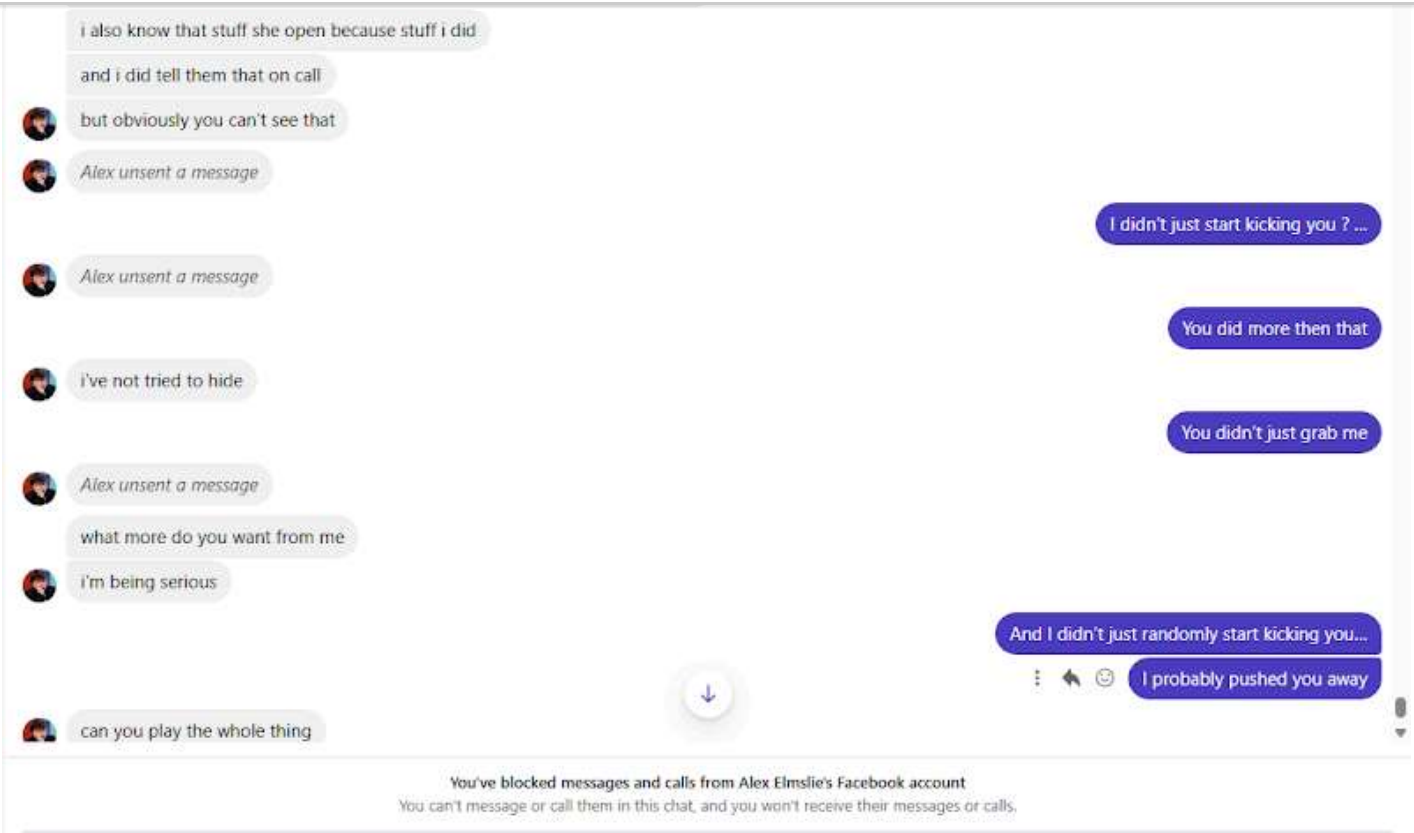
# Response - Read First

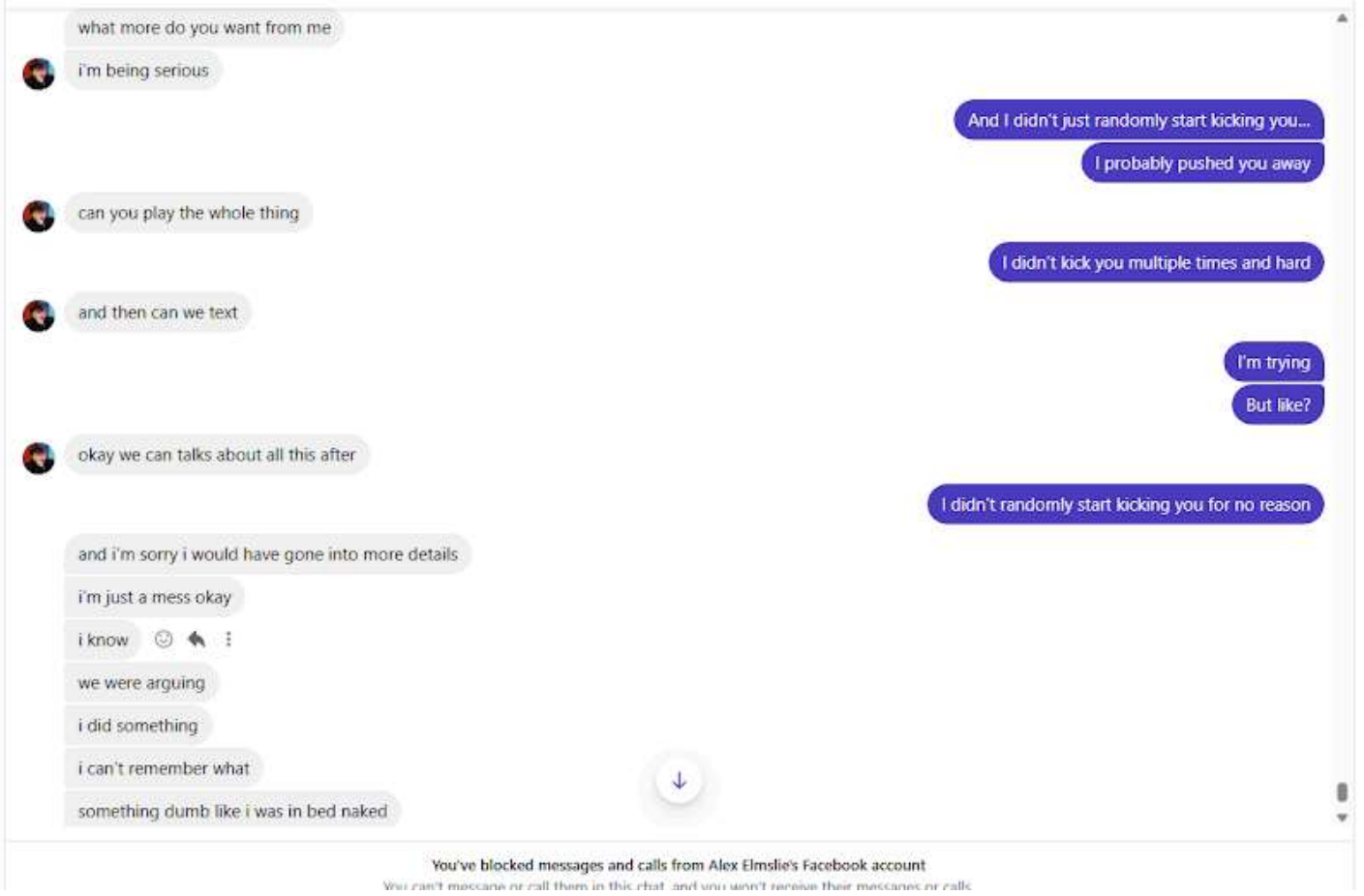

You're making it sound like that was all our arguments
i feel like you're trying to just get texts out of me here
I wanna talk about this.
and you don't want to know why or what i was feeling
Stop changing subject
okay
i'm not
I want to know why you said I hit you in our arguments
i'm getting frustrated because i can't explain it when you make it seem like im sharing stuff im not
You replied to yourself
I didn't hit you in our arguments
and i have to take time to find a way to say it in a way that won't hurt you?
i want this to be productive
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First

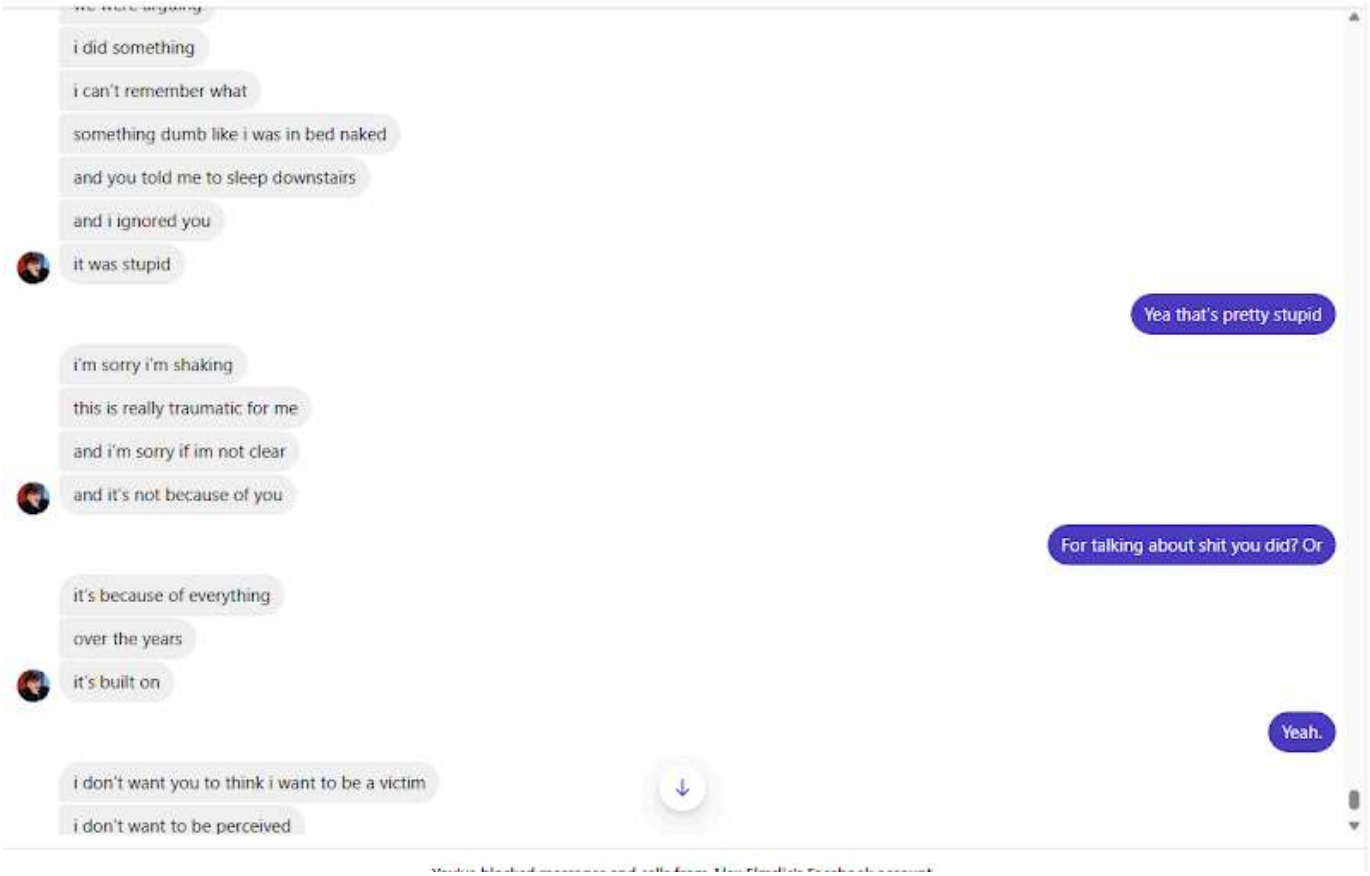

I didn't hit you in our arguments
and i have to take time to find a way to say it in a way that won't hurt you?
i want this to be productive
not make it worse
Just speak
can you see that
I didn't hit you in arguments
Most of our arguments were over a phone screen like
Or me running from you
Or you screaming at me coming at me in my office
Where do I hit you
In these arguments
I didn't hit you in arguments.
Alex unsent a message
i hope that explains something and we can talk about it after you've heard i
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First

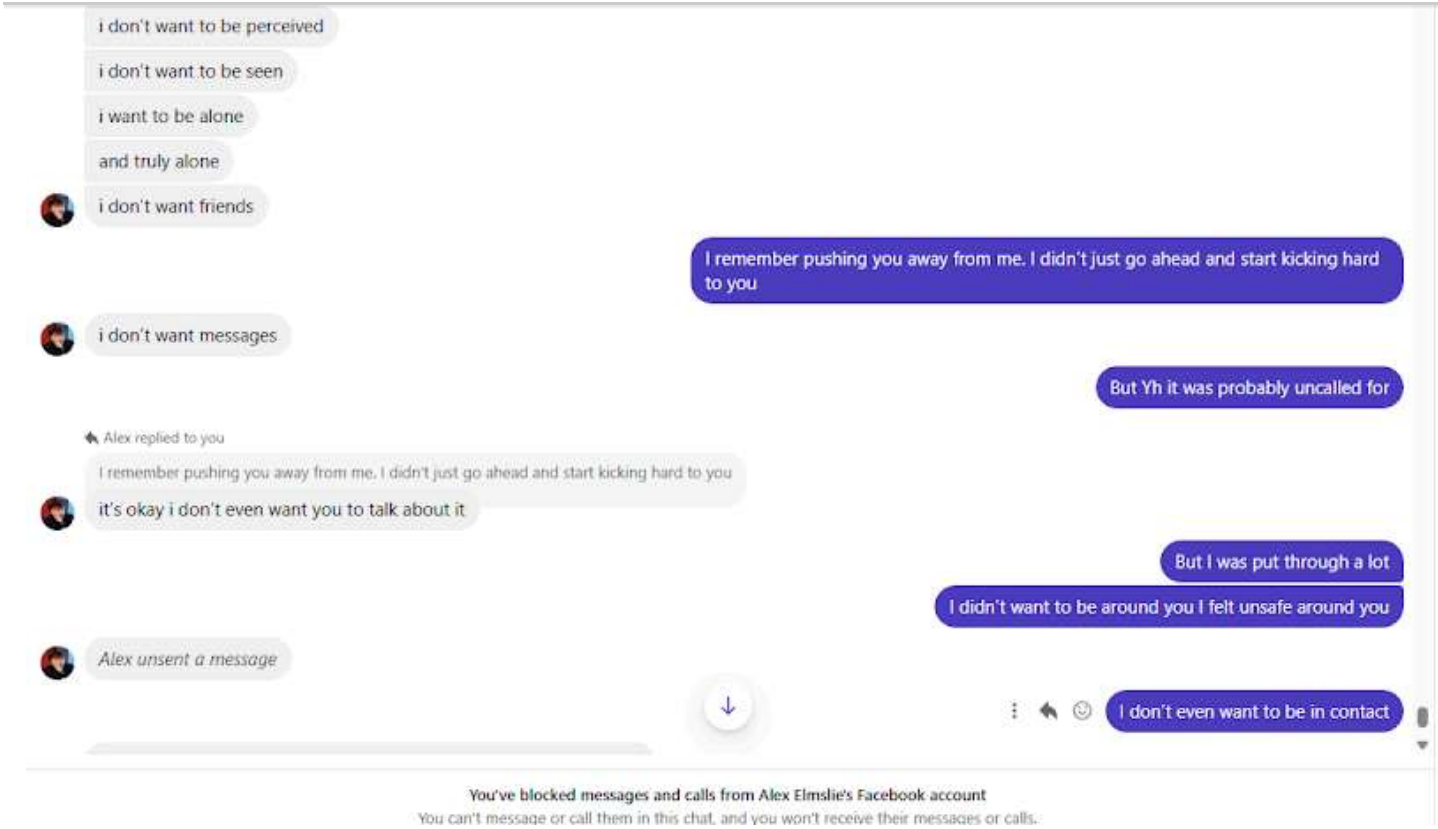

i also know that stuff she open because stuff i did
and i did tell them that on call
but obviously you can't see that
Alex unsent a message
I didn't just start kicking you ? ...
Alex unsent a message
You did more then that
i've not tried to hide
You didn't just grab me
Alex unsent a message
what more do you want from me
i'm being serious
And I didn't just randomly start kicking you...
I probably pushed you away
can you play the whole thing
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

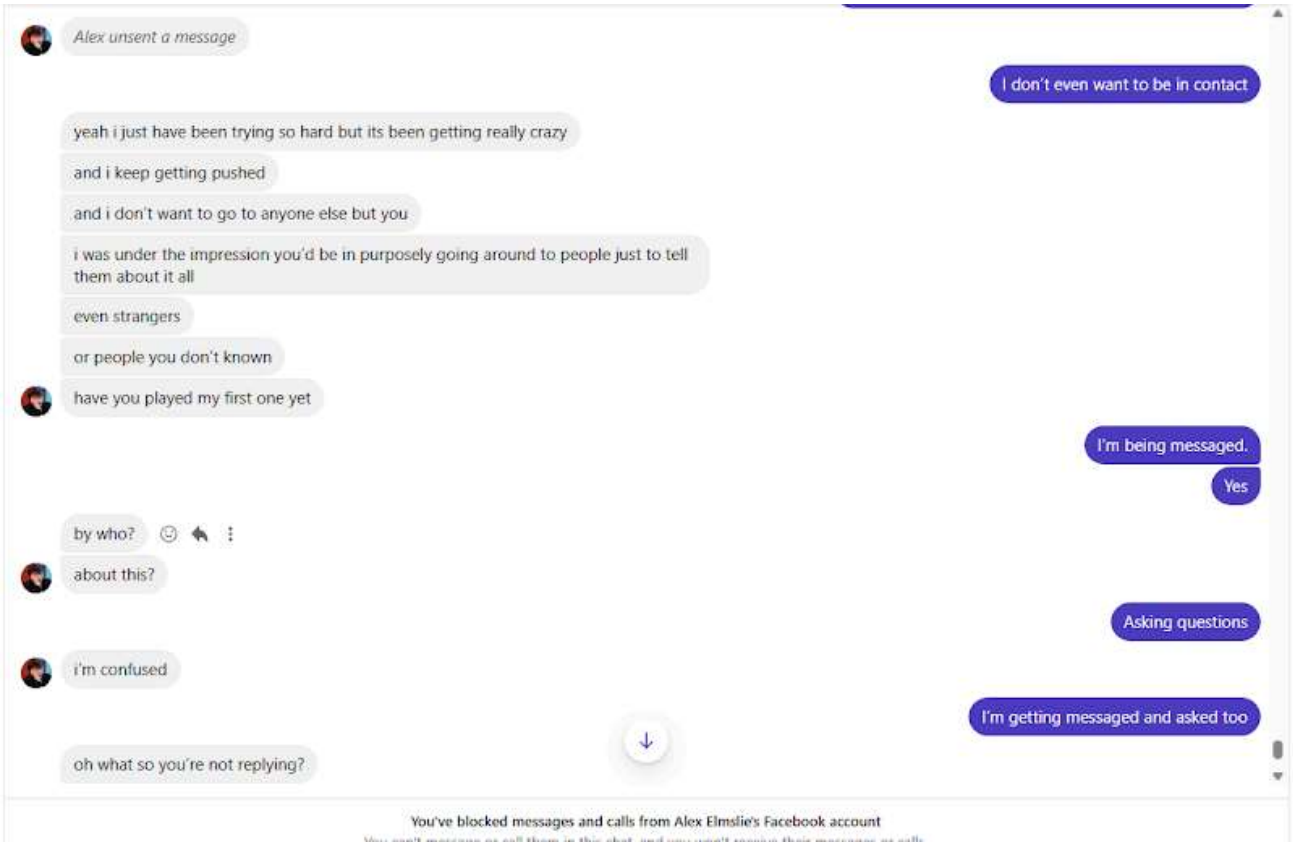

what more do you want from me
i'm being serious
And I didn't just randomly start kicking you...
I probably pushed you away
can you play the whole thing
I didn't kick you multiple times and hard
and then can we text
I'm trying
But like?
okay we can talks about all this after
I didn't randomly start kicking you for no reason
and i'm sorry i would have gone into more details
i'm just a mess okay
i know
we were arguing
i did something
i can't remember what
something dumb like i was in bed naked
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First

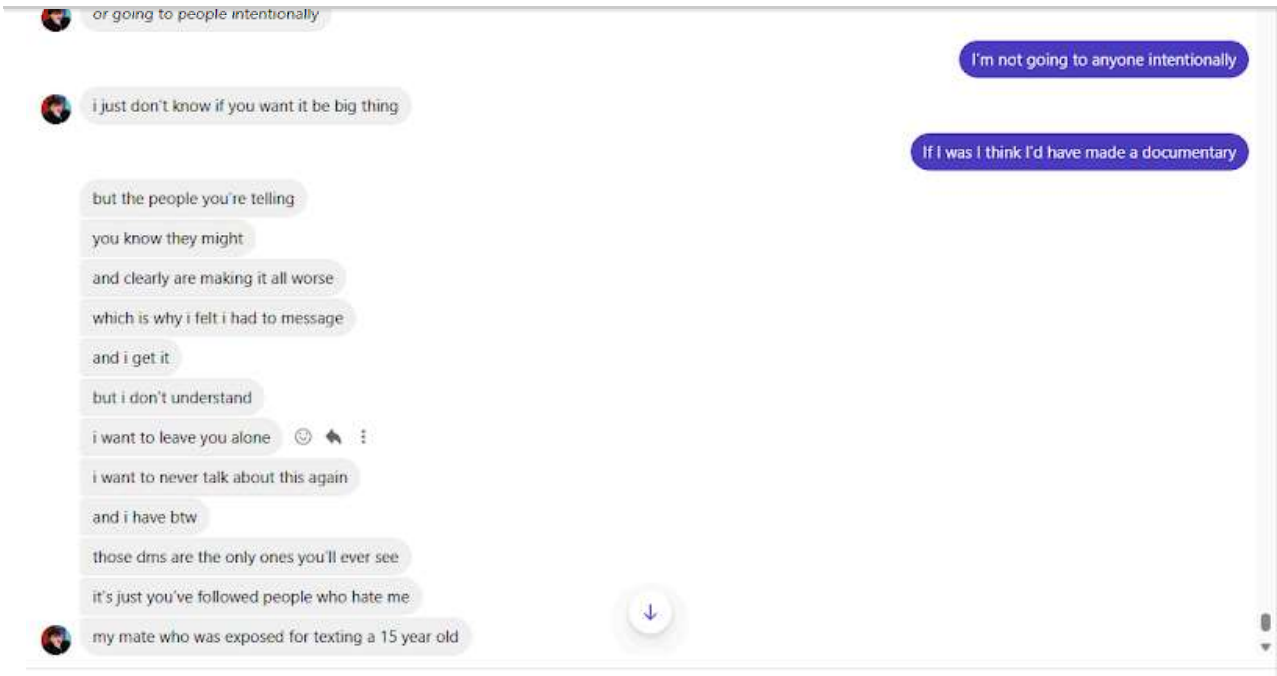

i did something
i can't remember what
something dumb like i was in bed naked
and you told me to sleep downstairs
and i ignored you
it was stupid
Yea that's pretty stupid
i'm sorry i'm shaking
this is really traumatic for me
and i'm sorry if im not clear
and it's not because of you
For talking about shit you did? Or
it's because of everything
over the years
it's built on
Yeah.
i don't want you to think i want to be a victim
i don't want to be perceived

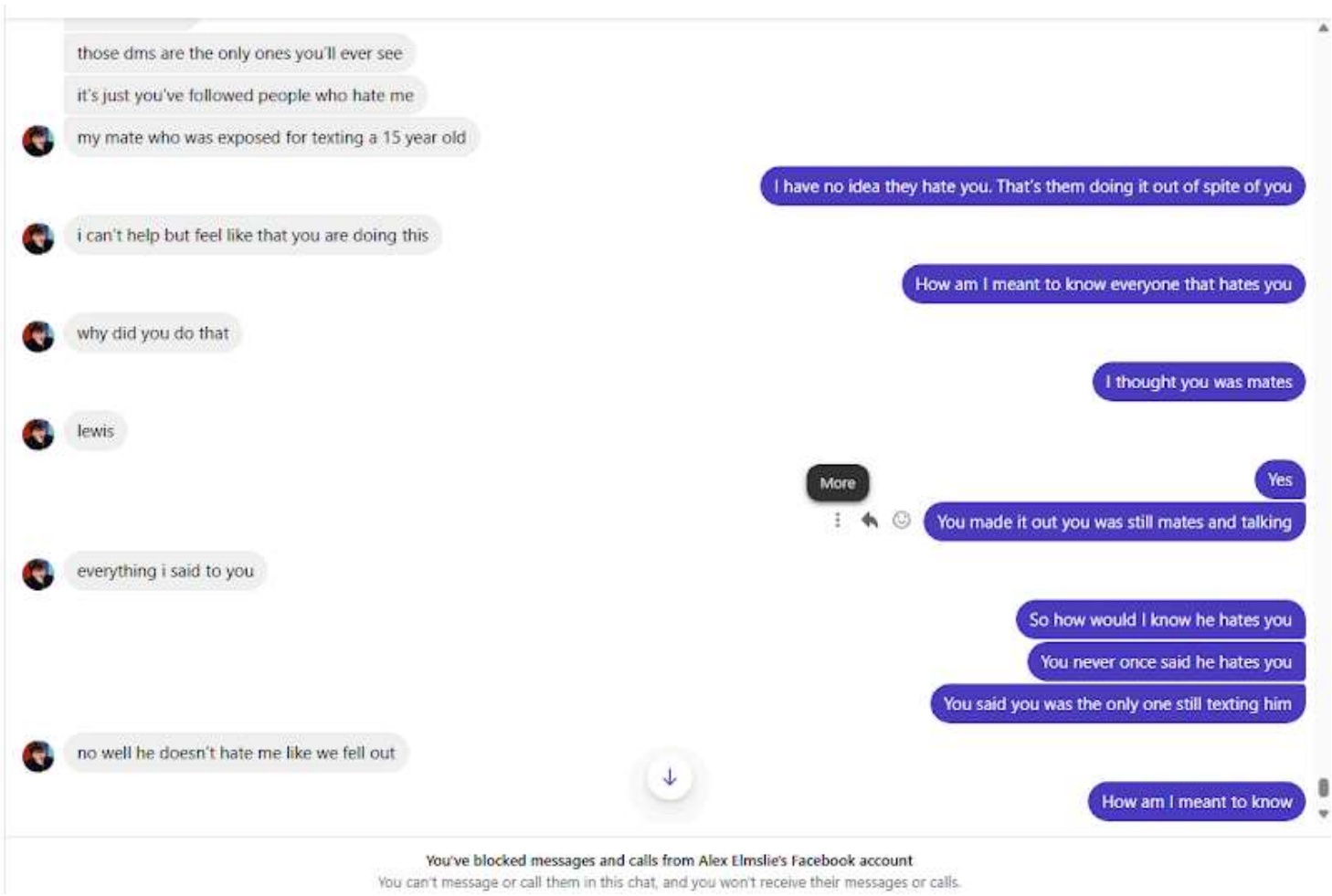
# Response - Read First


i don't want to be perceived
i don't want to be seen
i want to be alone
and truly alone
i don't want friends
I remember pushing you away from me. I didn't just go ahead and start kicking hard to you
i don't want messages
But Yh it was probably uncalled for
Alex replied to you
I remember pushing you away from me. I didn't just go ahead and start kicking hard to you
it's okay i don't even want you to talk about it
But I was put through a lot
I didn't want to be around you I felt unsafe around you
Alex unsent a message
I don't even want to be in contact
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

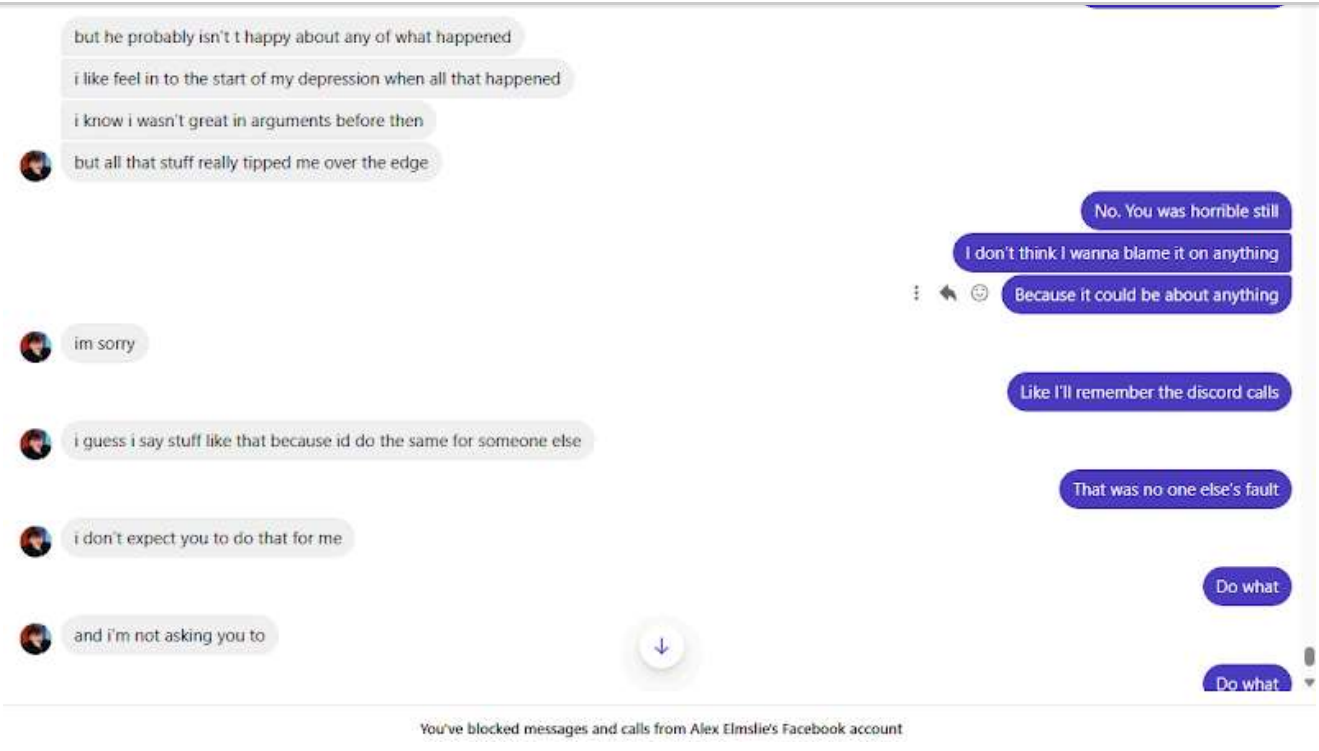

Alex unsent a message
I don't even want to be in contact
yeah i just have been trying so hard but its been getting really crazy
and i keep getting pushed
and i don't want to go to anyone else but you
i was under the impression you'd be in purposely going around to people just to tell them about it all
even strangers
or people you don't known
have you played my first one yet
I'm being messaged.
Yes
by who?
about this?
Asking questions
i'm confused
I'm getting messaged and asked too
oh what so you're not replying?
You've blocked messages and calls from Alex Elmslie's Facebook account

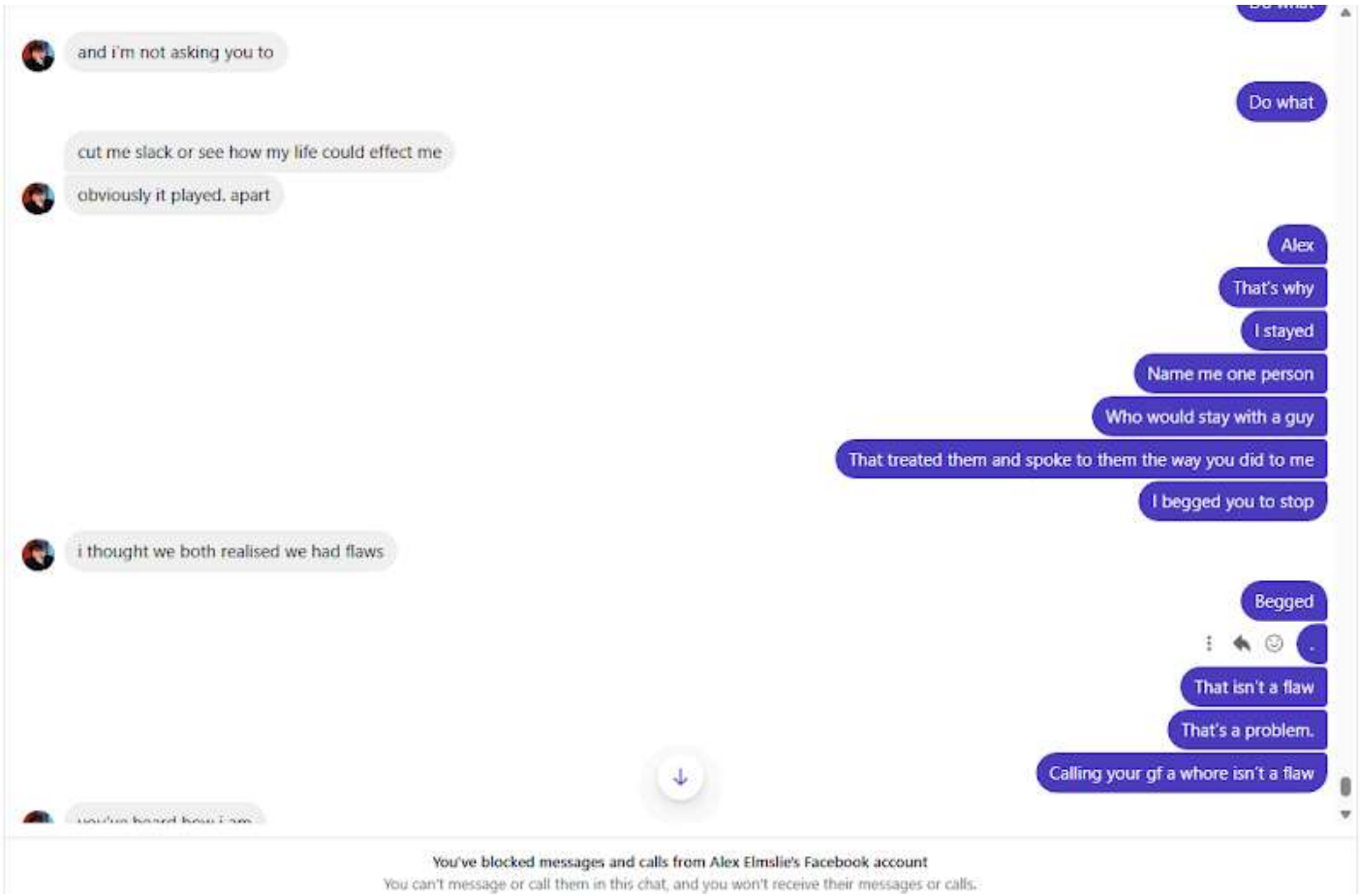
# Response - Read First


or going to people intentionally
I'm not going to anyone intentionally
i just don't know if you want it be big thing
If I was I think I'd have made a documentary
but the people you're telling
you know they might
and clearly are making it all worse
which is why i felt i had to message
and i get it
but i don't understand
i want to leave you alone
i want to never talk about this again
and i have btw
those dms are the only ones you'll ever see
it's just you've followed people who hate me
my mate who was exposed for texting a 15 year old

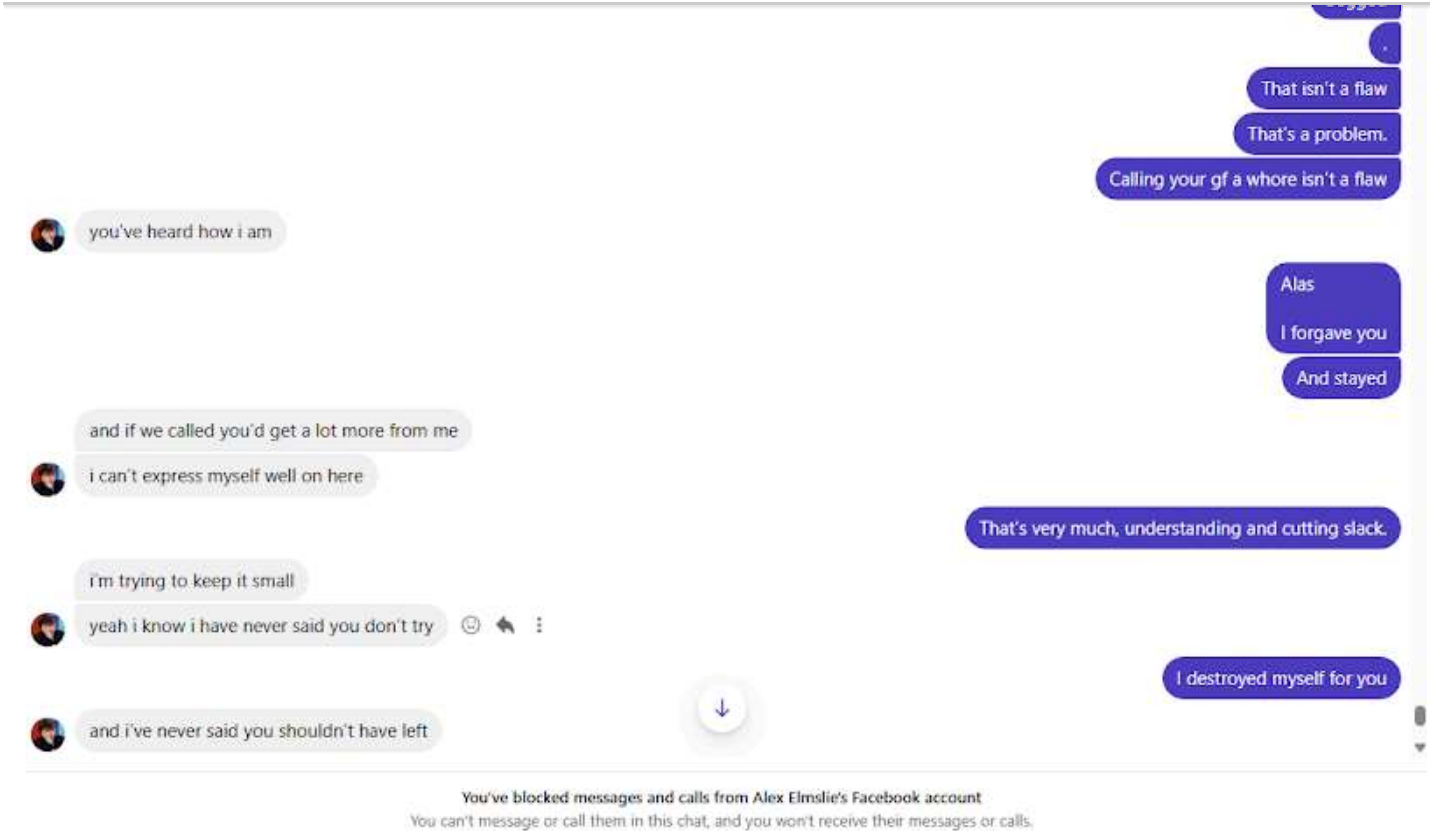

those dms are the only ones you'll ever see
it's just you've followed people who hate me
my mate who was exposed for texting a 15 year old
I have no idea they hate you. That's them doing it out of spite of you
i can't help but feel like that you are doing this
How am I meant to know everyone that hates you
why did you do that
I thought you was mates
lewis
More
Yes
You made it out you was still mates and talking
everything i said to you
So how would I know he hates you
You never once said he hates you
You said you was the only one still texting him
no well he doesn't hate me like we fell out
How am I meant to know
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First


but he probably isn't t happy about any of what happened
i like feel in to the start of my depression when all that happened
i know i wasn't great in arguments before then
but all that stuff really tipped me over the edge
No. You was horrible still
I don't think I wanna blame it on anything
Because it could be about anything
im sorry
Like I'll remember the discord calls
i guess i say stuff like that because id do the same for someone else
That was no one else's fault
i don't expect you to do that for me
Do what
and i'm not asking you to
Do what
You've blocked messages and calls from Alex Elmslie's Facebook account


and i'm not asking you to
Do what
cut me slack or see how my life could effect me
obviously it played. apart
Alex
That's why
I stayed
Name me one person
Who would stay with a guy
That treated them and spoke to them the way you did to me
I begged you to stop
i thought we both realised we had flaws
Begged
.
That isn't a flaw
That's a problem.
Calling your gf a whore isn't a flaw
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First


.
That isn't a flaw
That's a problem.
Calling your gf a whore isn't a flaw
you've heard how i am
Alas
I forgave you
And stayed
and if we called you'd get a lot more from me
i can't express myself well on here
That's very much, understanding and cutting slack.
i'm trying to keep it small
yeah i know i have never said you don't try
I destroyed myself for you
and i've never said you shouldn't have left
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First

I destroyed myself for you

and i've never said you shouldn't have left

I destroyed myself staying with you

i wish that wasn't true

Me too.

i wanted to get you away

Genuinely

Me too

and i wanted you to start your new life

i'm most upset

and i cry about it

and i did to my parents

But you did those nice things. Along with horrible things

that you had to go back to that house

Back and forth is very confusing

You've blocked messages and calls from Alex Elmslie's Facebook account

You can't message or call them in this chat, and you won't receive their messages or calls.

Me too

and i wanted you to start your new life

i'm most upset

and i cry about it

and i did to my parents

But you did those nice things. Along with horrible things

that you had to go back to that house

Back and forth is very confusing

because i knew i couldn't get you back

Love bomb then just straight shit

i knew you just have hated it with me to go back

love bombing

i get why you say that

but that really like kills me

implies i was faking itn

it wasn't fake

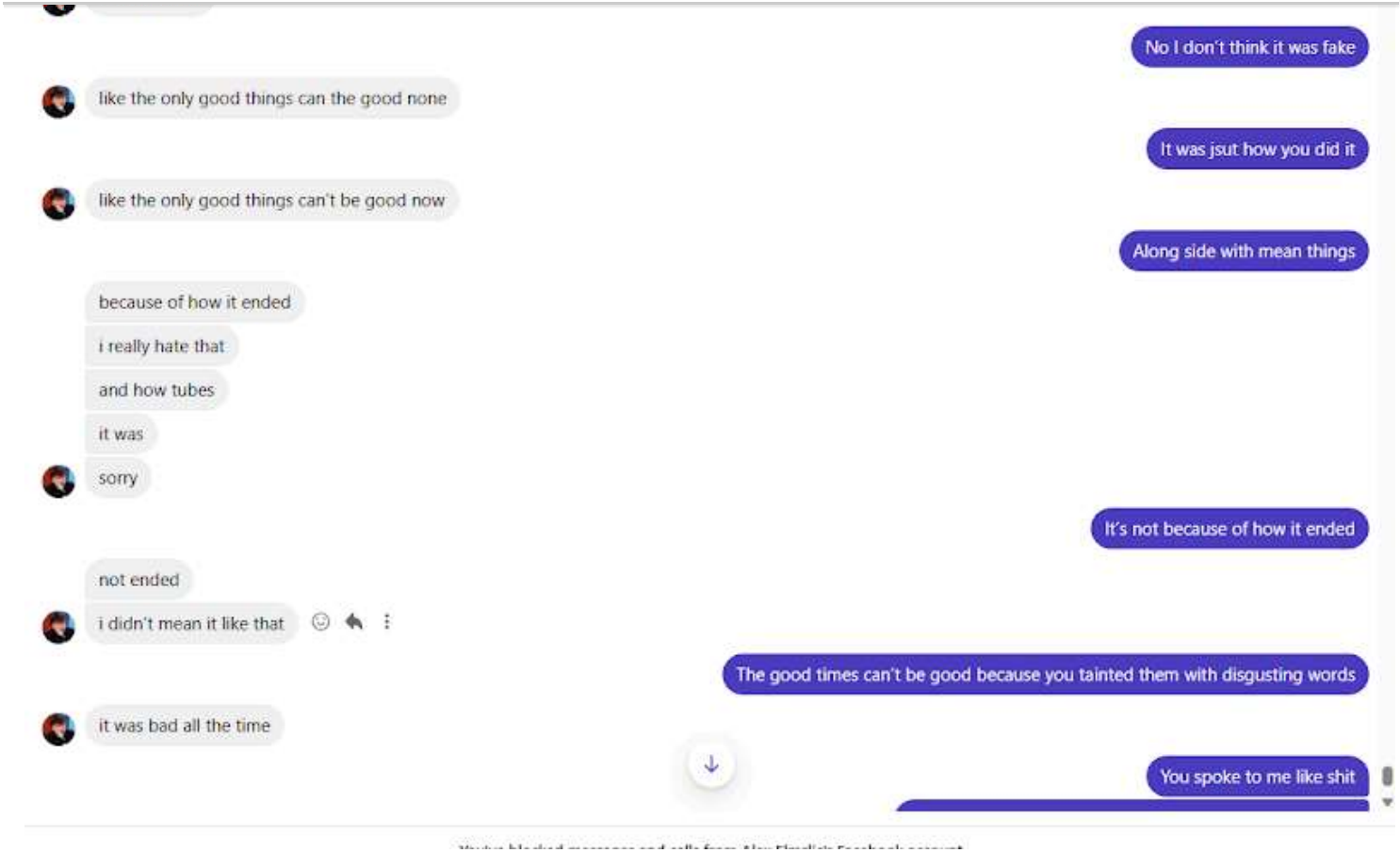
No I don't think it was fake

like the only good things can the good none

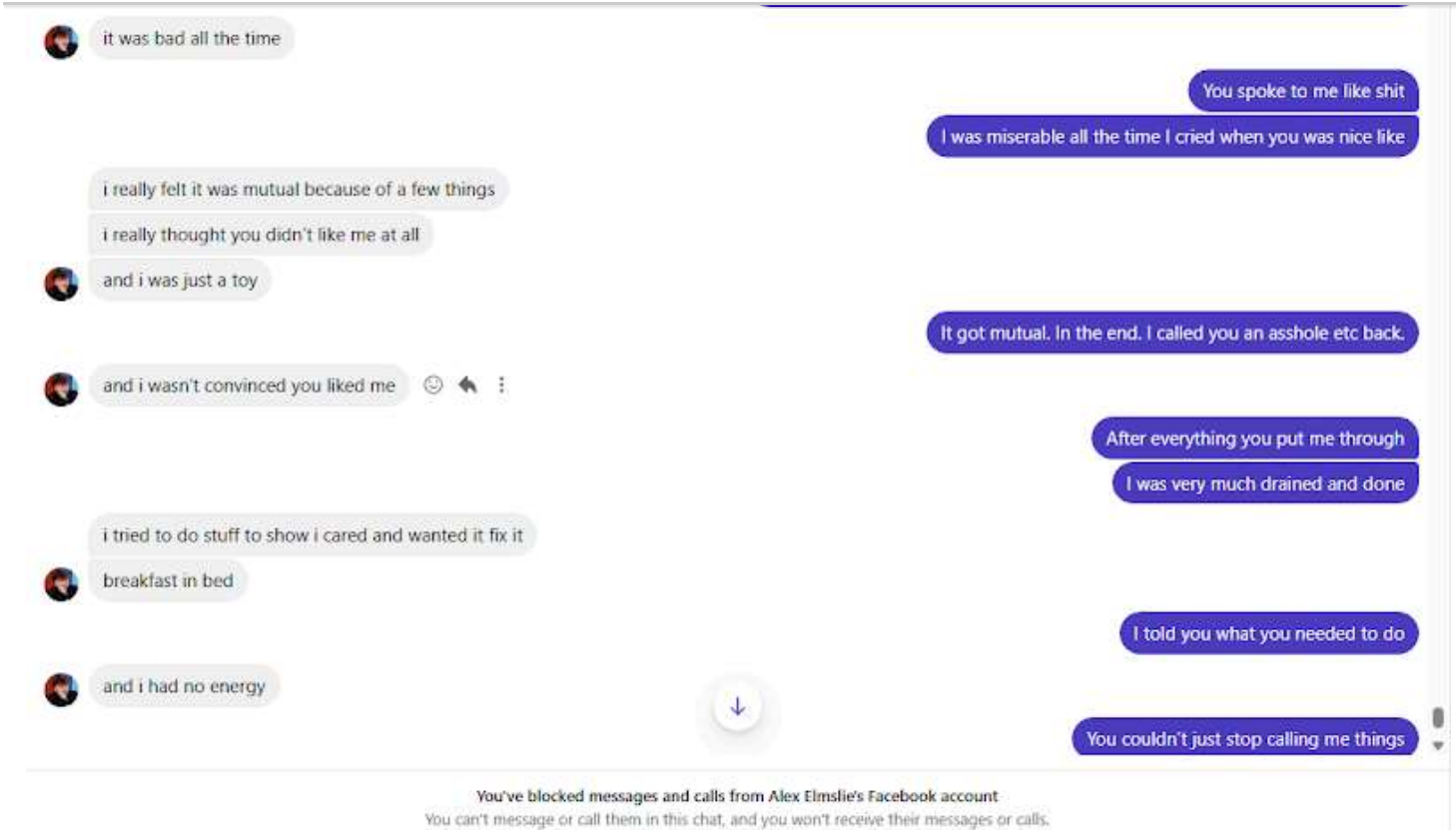
You've blocked messages and calls from Alex Elmslie's Facebook account

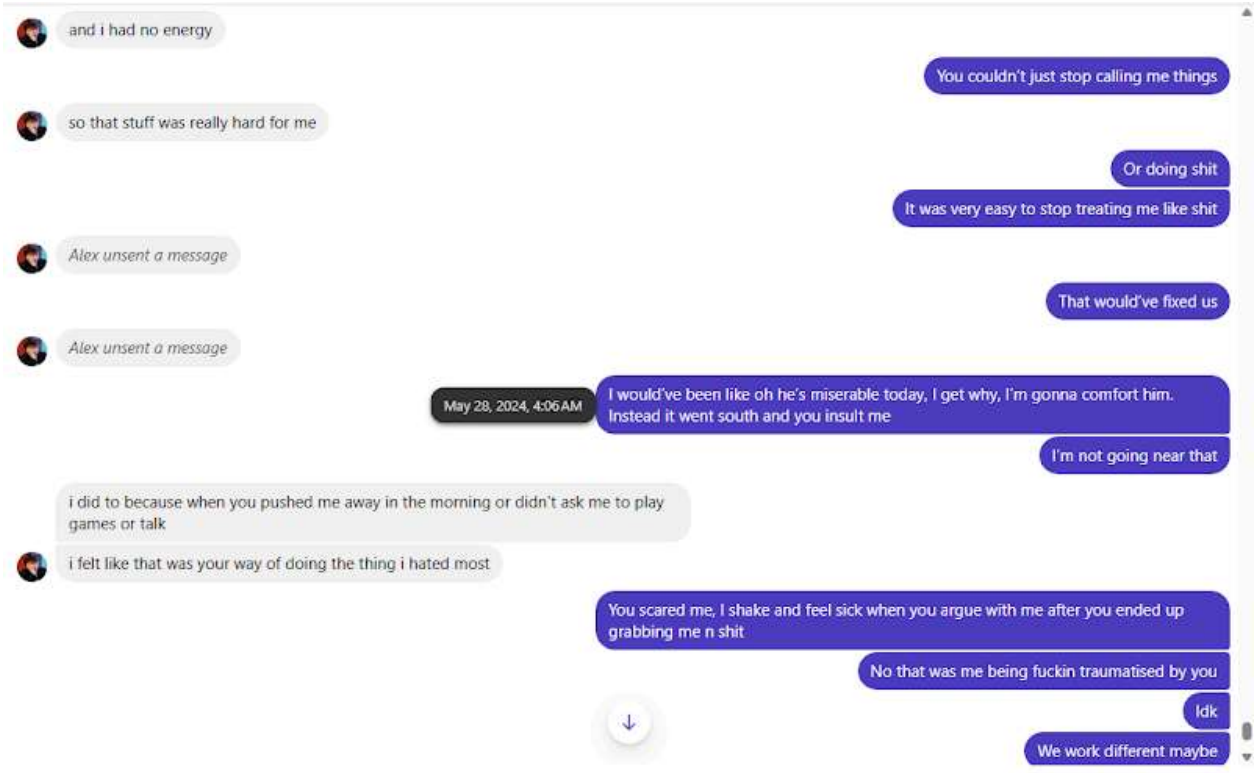
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First

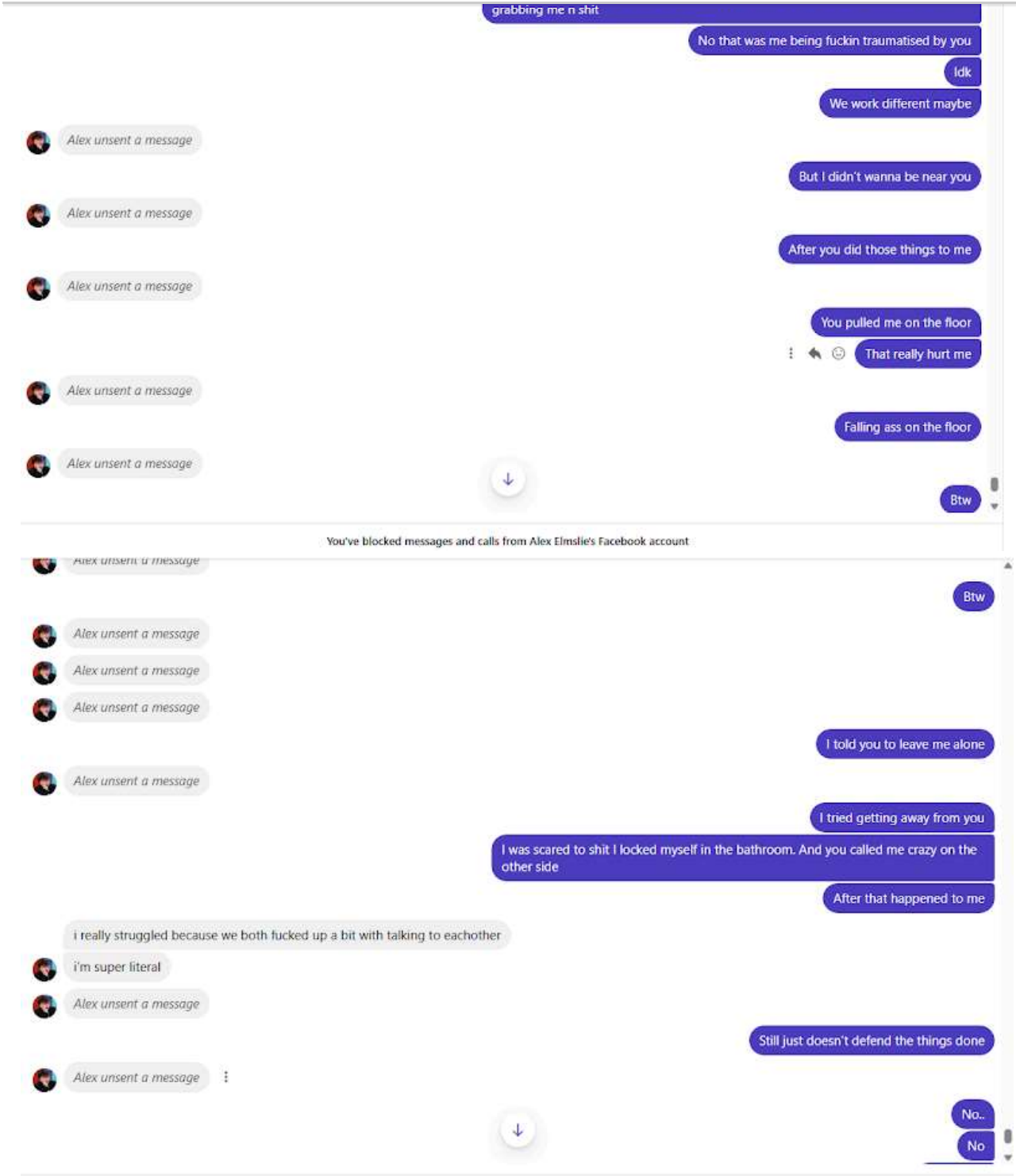

No I don't think it was fake
like the only good things can the good none
It was jsut how you did it
like the only good things can't be good now
Along side with mean things
because of how it ended
i really hate that
and how tubes
it was
sorry
It's not because of how it ended
not ended
i didn't mean it like that
The good times can't be good because you tainted them with disgusting words
it was bad all the time
You spoke to me like shit

# Response - Read First

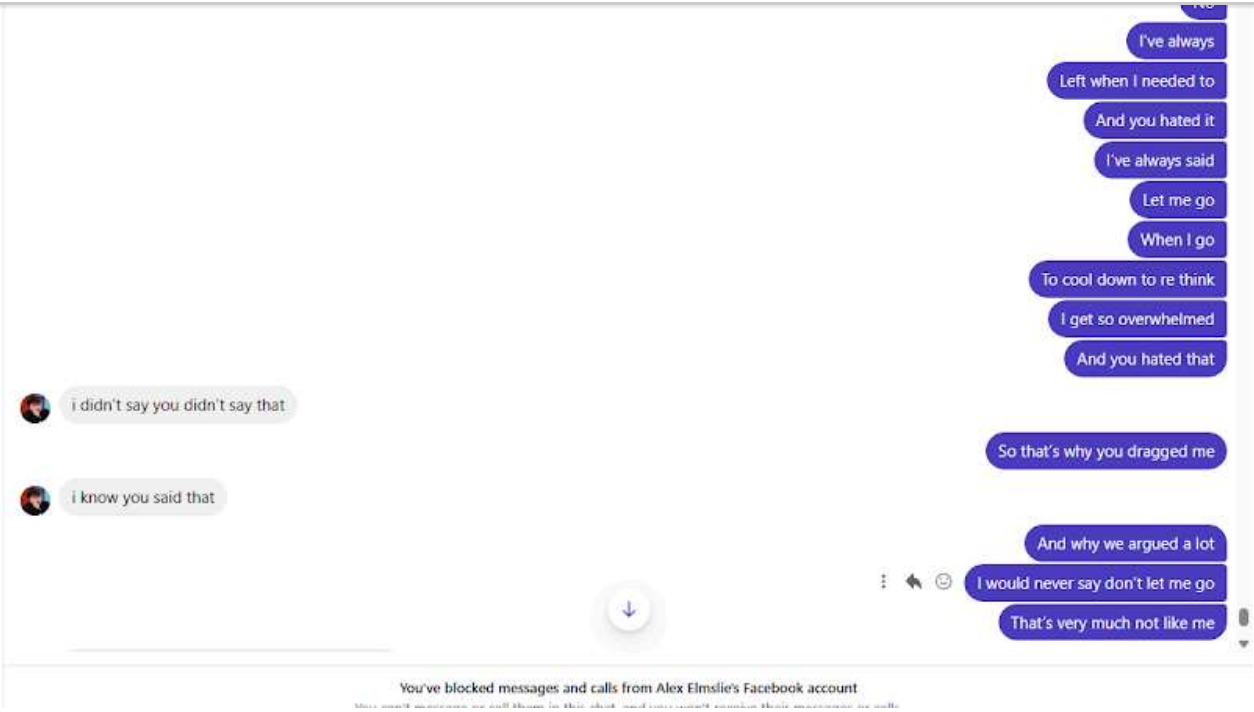

it was bad all the time
You spoke to me like shit
I was miserable all the time I cried when you was nice like
i really felt it was mutual because of a few things
i really thought you didn't like me at all
and i was just a toy
It got mutual. In the end. I called you an asshole etc back.
and i wasn't convinced you liked me
After everything you put me through
I was very much drained and done
i tried to do stuff to show i cared and wanted it fix it
breakfast in bed
I told you what you needed to do
and i had no energy
You couldn't just stop calling me things
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

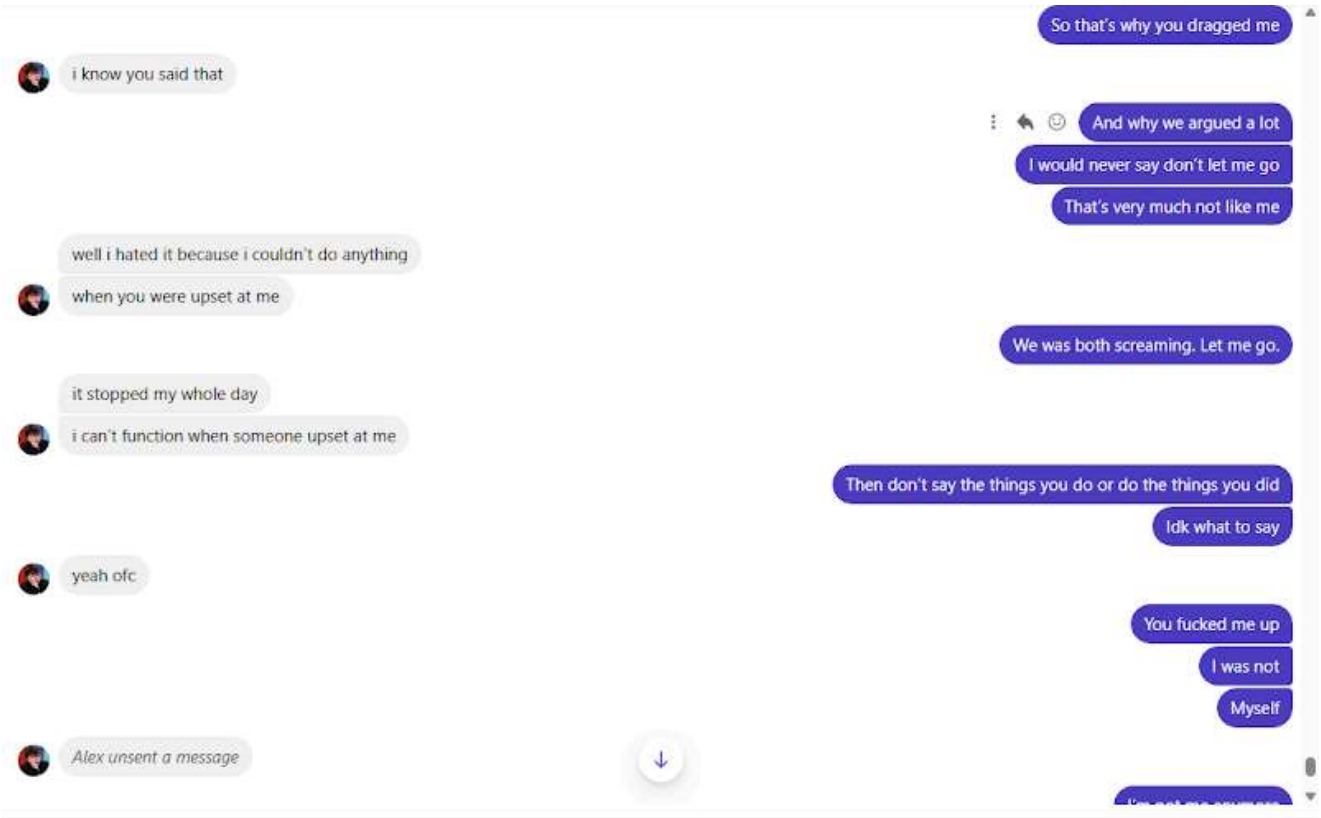

and i had no energy
You couldn't just stop calling me things
so that stuff was really hard for me
Or doing shit
It was very easy to stop treating me like shit
Alex unsent a message
That would've fixed us
Alex unsent a message
May 28, 2024, 4:06 AM
I would've been like oh he's miserable today, I get why, I'm gonna comfort him. Instead it went south and you insult me
I'm not going near that
i did to because when you pushed me away in the morning or didn't ask me to play games or talk
i felt like that was your way of doing the thing i hated most
You scared me, I shake and feel sick when you argue with me after you ended up grabbing me n shit
No that was me being fuckin traumatised by you
Idk
We work different maybe

# Response - Read First

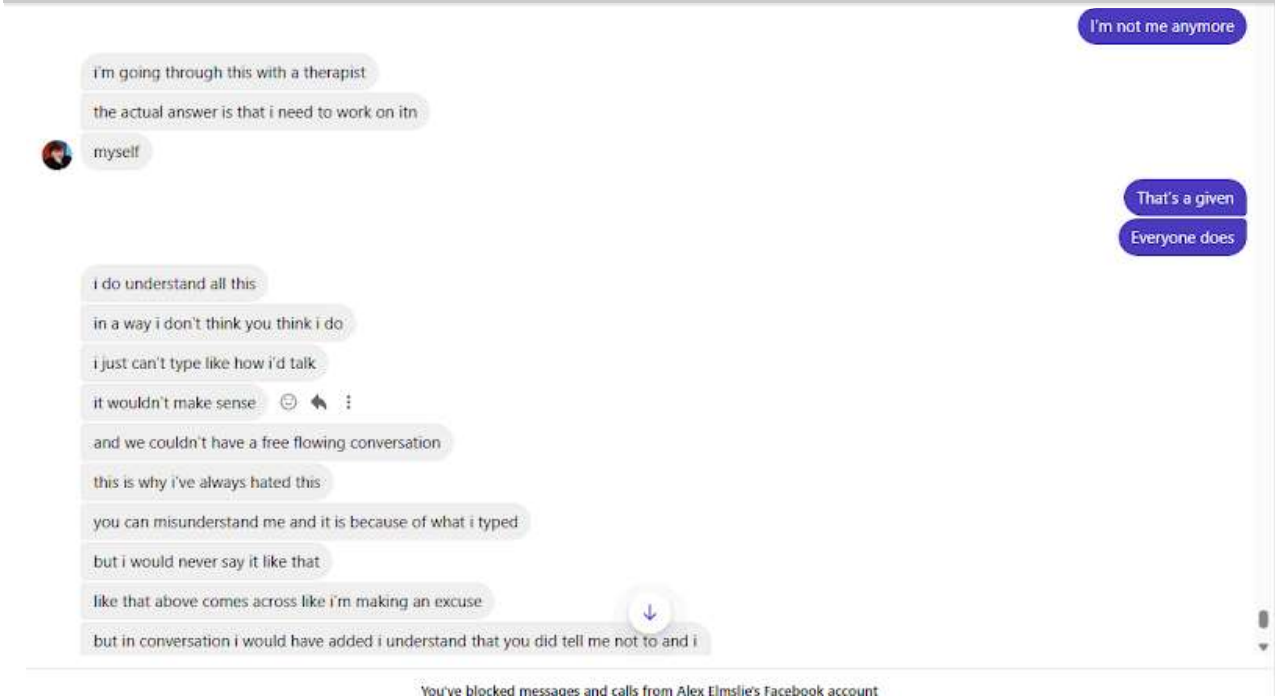

grabbing me n shit
No that was me being fuckin traumatised by you
Idk
We work different maybe
Alex unsent a message
But I didn't wanna be near you
Alex unsent a message
After you did those things to me
Alex unsent a message
You pulled me on the floor
That really hurt me
Alex unsent a message
Falling ass on the floor
Alex unsent a message
Btw
You've blocked messages and calls from Alex Elmslie's Facebook account
Btw
Alex unsent a message
Alex unsent a message
Alex unsent a message
I told you to leave me alone
Alex unsent a message
I tried getting away from you
I was scared to shit I locked myself in the bathroom. And you called me crazy on the other side
After that happened to me
i really struggled because we both fucked up a bit with talking to eachother
i'm super literal
Alex unsent a message
Still just doesn't defend the things done
Alex unsent a message
No..
No

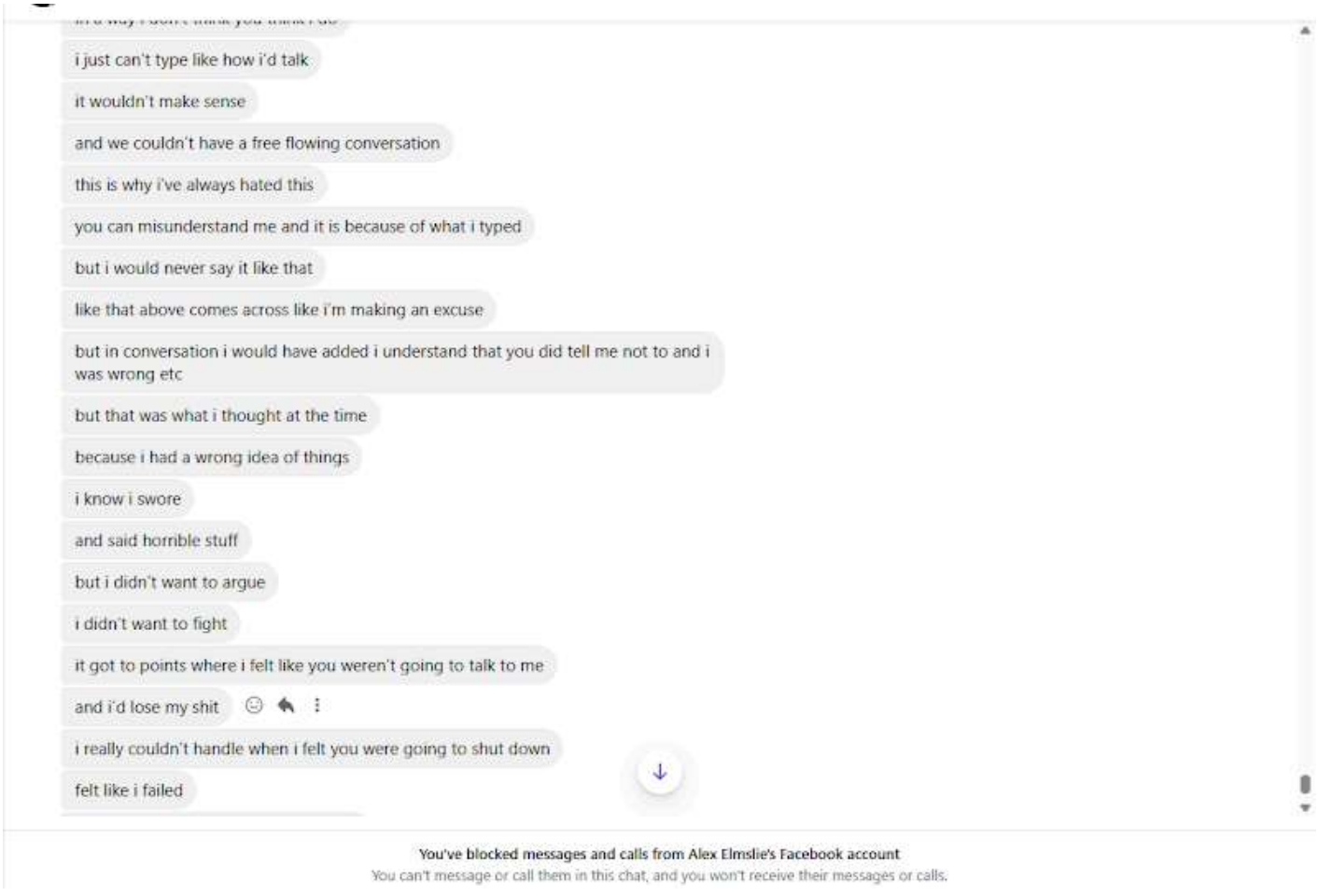
# Response - Read First


I've always
Left when I needed to
And you hated it
I've always said
Let me go
When I go
To cool down to re think
I get so overwhelmed
And you hated that
i didn't say you didn't say that
So that's why you dragged me
i know you said that
And why we argued a lot
I would never say don't let me go
That's very much not like me
You've blocked messages and calls from Alex Elmslie's Facebook account

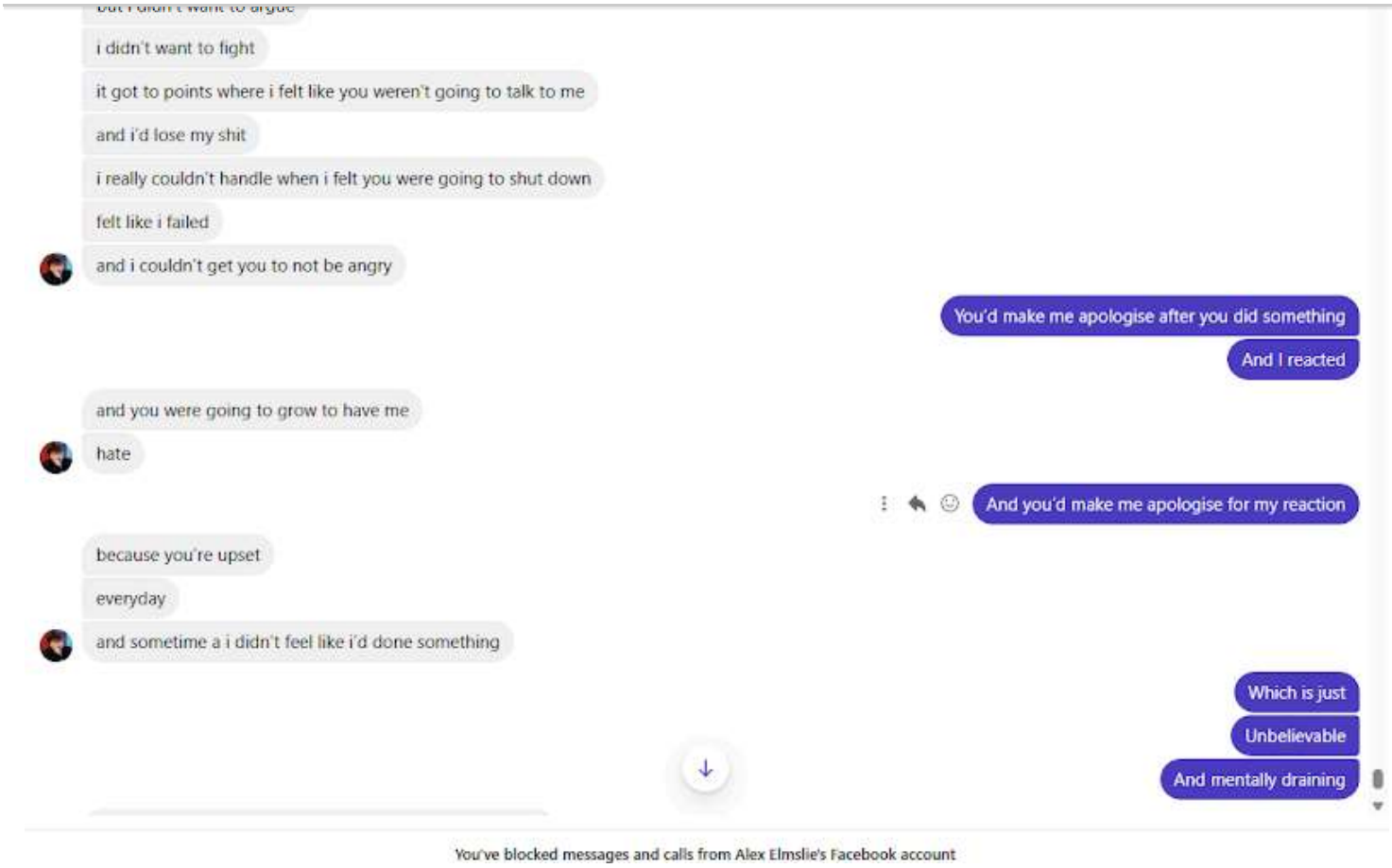

So that's why you dragged me
i know you said that
And why we argued a lot
I would never say don't let me go
That's very much not like me
well i hated it because i couldn't do anything
when you were upset at me
We was both screaming. Let me go.
it stopped my whole day
i can't function when someone upset at me
Then don't say the things you do or do the things you did
Idk what to say
yeah ofc
You fucked me up
I was not
Myself
Alex unsent a message

# Response - Read First

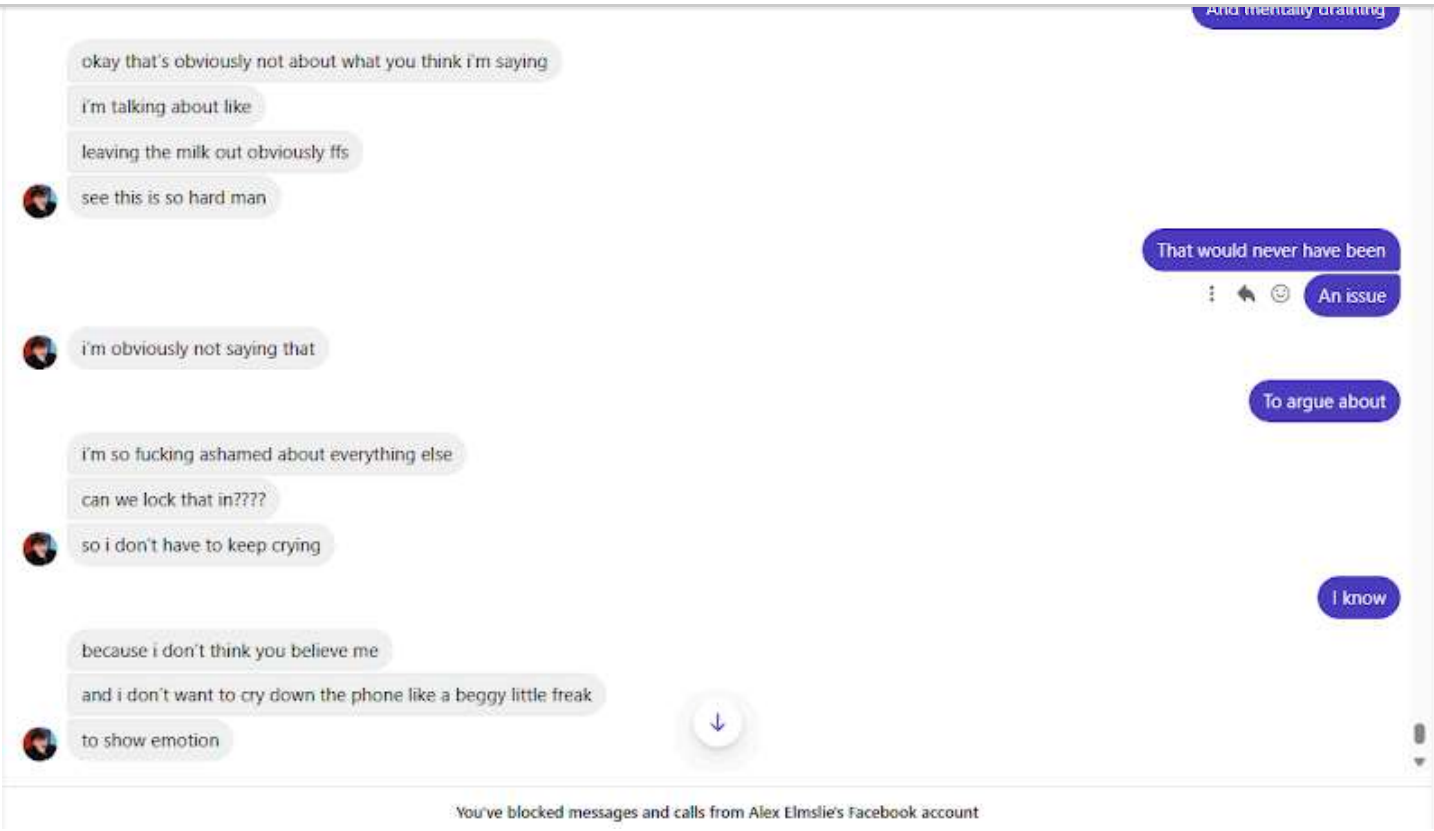

I'm not me anymore
i'm going through this with a therapist
the actual answer is that i need to work on itn
myself
That's a given
Everyone does
i do understand all this
in a way i don't think you think i do
i just can't type like how i'd talk
it wouldn't make sense
and we couldn't have a free flowing conversation
this is why i've always hated this
you can misunderstand me and it is because of what i typed
but i would never say it like that
like that above comes across like i'm making an excuse
but in conversation i would have added i understand that you did tell me not to and i
You've blocked messages and calls from Alex Elmslie's Facebook account

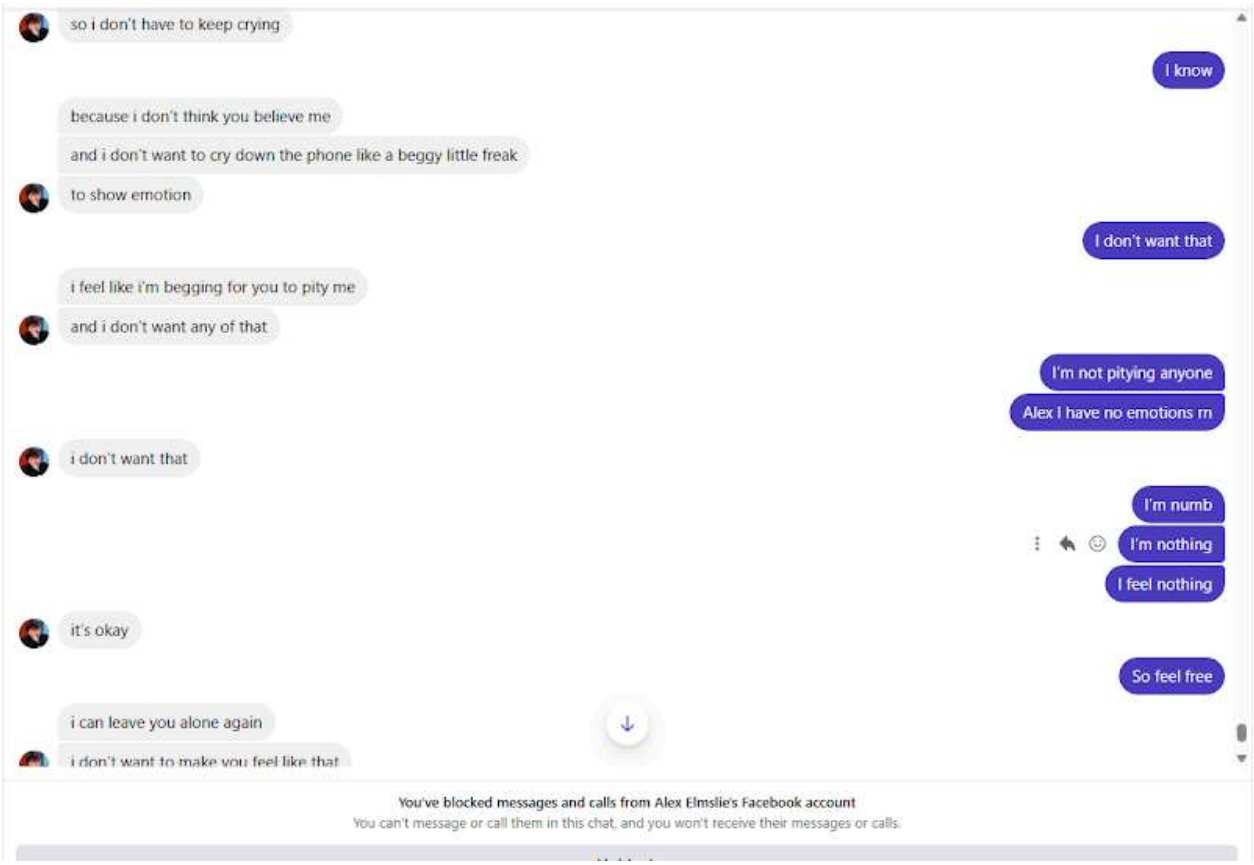

i just can't type like how i'd talk
it wouldn't make sense
and we couldn't have a free flowing conversation
this is why i've always hated this
you can misunderstand me and it is because of what i typed
but i would never say it like that
like that above comes across like i'm making an excuse
but in conversation i would have added i understand that you did tell me not to and i was wrong etc
but that was what i thought at the time
because i had a wrong idea of things
i know i swore
and said horrible stuff
but i didn't want to argue
i didn't want to fight
it got to points where i felt like you weren't going to talk to me
and i'd lose my shit
i really couldn't handle when i felt you were going to shut down
felt like i failed
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First

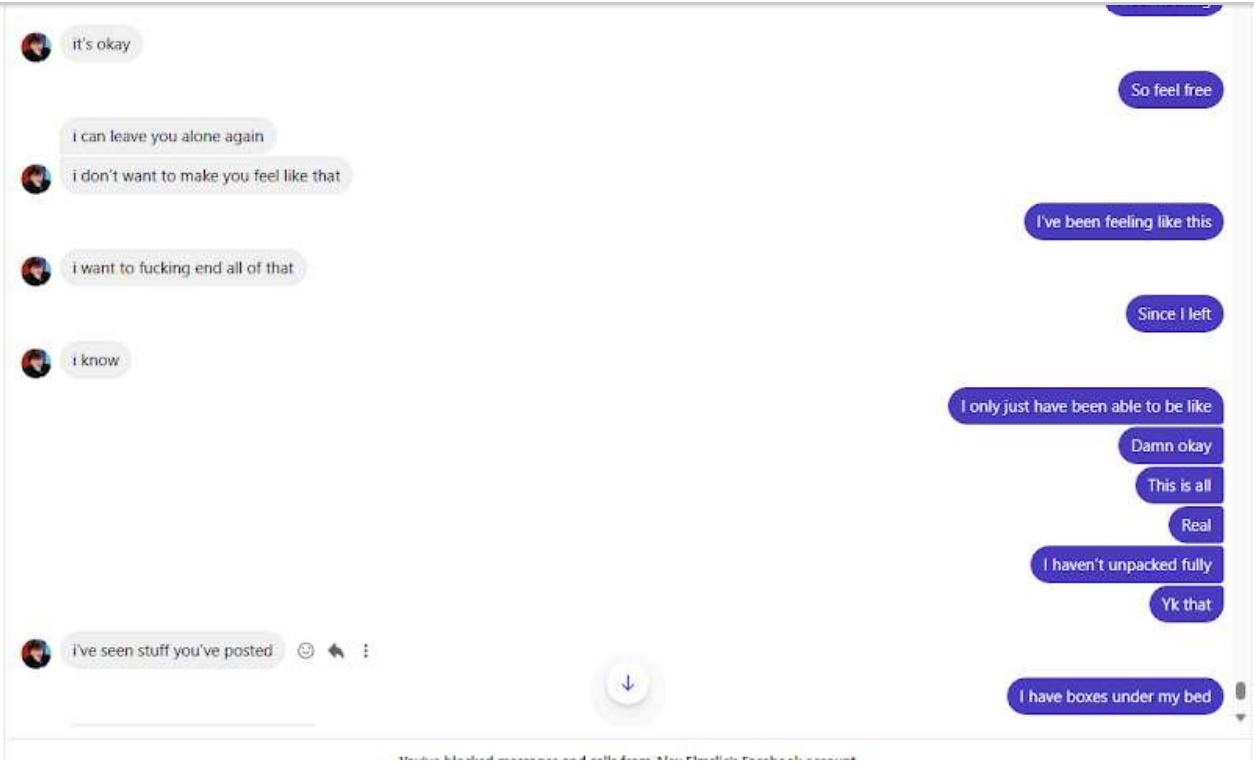

but I didn't want to argue
i didn't want to fight
it got to points where i felt like you weren't going to talk to me
and i'd lose my shit
i really couldn't handle when i felt you were going to shut down
felt like i failed
and i couldn't get you to not be angry
You'd make me apologise after you did something
And I reacted
and you were going to grow to have me
hate
And you'd make me apologise for my reaction
because you're upset
everyday
and sometime a i didn't feel like i'd done something
Which is just
Unbelievable
And mentally draining
You've blocked messages and calls from Alex Elmslie's Facebook account

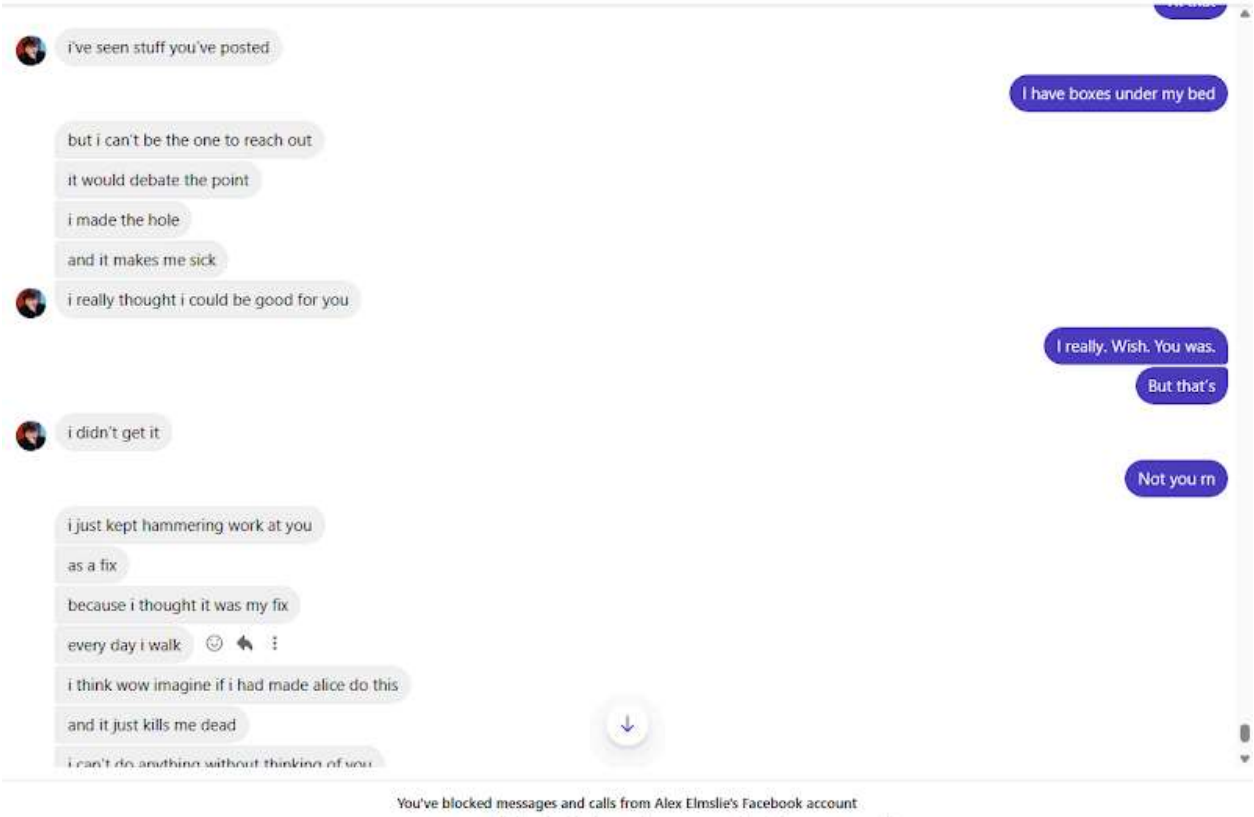
# Response - Read First


okay that's obviously not about what you think i'm saying
i'm talking about like
leaving the milk out obviously ffs
see this is so hard man
That would never have been
An issue
i'm obviously not saying that
To argue about
i'm so fucking ashamed about everything else
can we lock that in????
so i don't have to keep crying
I know
because i don't think you believe me
and i don't want to cry down the phone like a beggy little freak
to show emotion
You've blocked messages and calls from Alex Elmslie's Facebook account

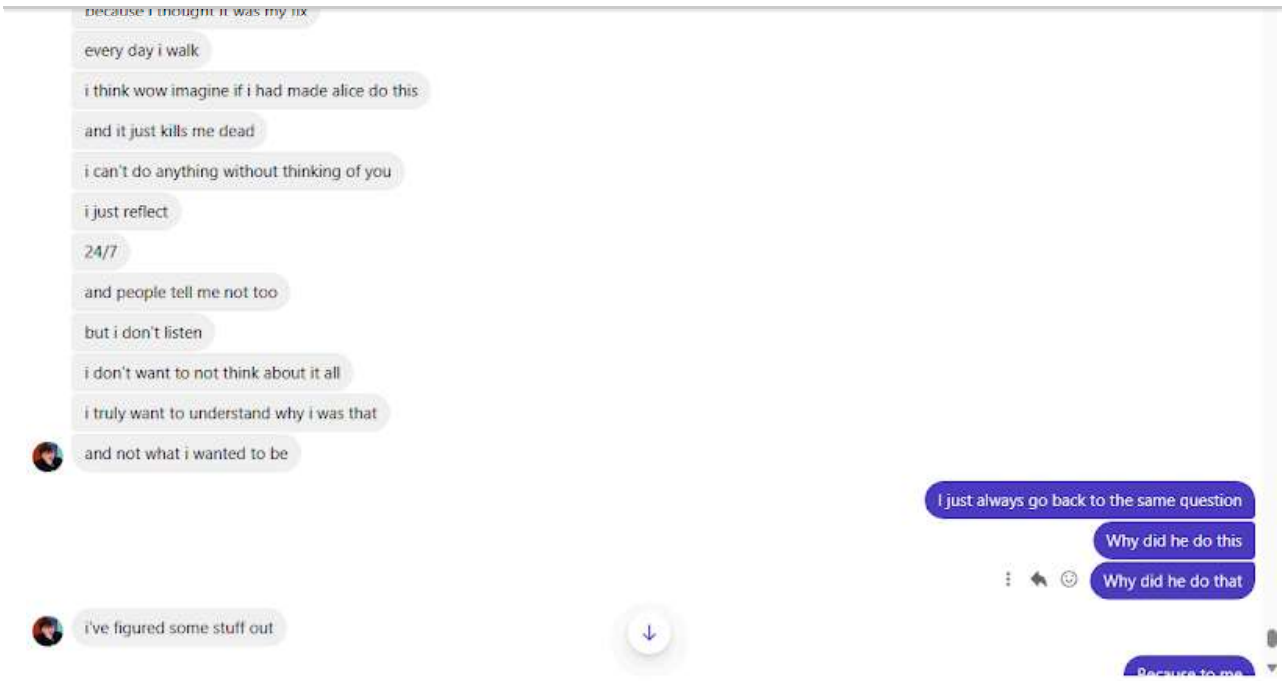

so i don't have to keep crying
I know
because i don't think you believe me
and i don't want to cry down the phone like a beggy little freak
to show emotion
I don't want that
i feel like i'm begging for you to pity me
and i don't want any of that
I'm not pitying anyone
Alex I have no emotions rn
i don't want that
I'm numb
I'm nothing
I feel nothing
it's okay
So feel free
i can leave you alone again
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

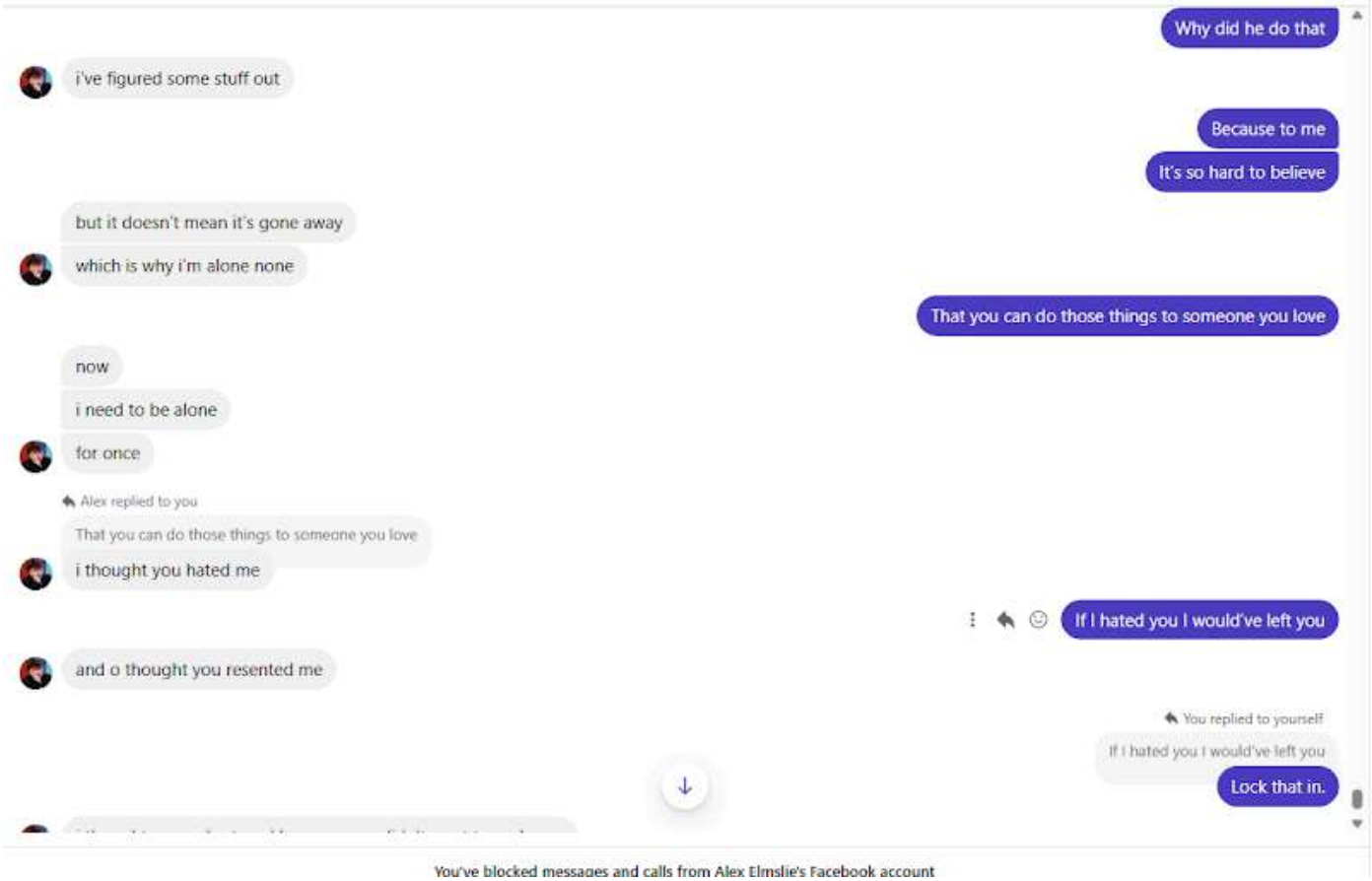
# Response - Read First


it's okay
So feel free
i can leave you alone again
i don't want to make you feel like that
I've been feeling like this
i want to fucking end all of that
Since I left
i know
I only just have been able to be like
Damn okay
This is all
Real
I haven't unpacked fully
Yk that
i've seen stuff you've posted
I have boxes under my bed

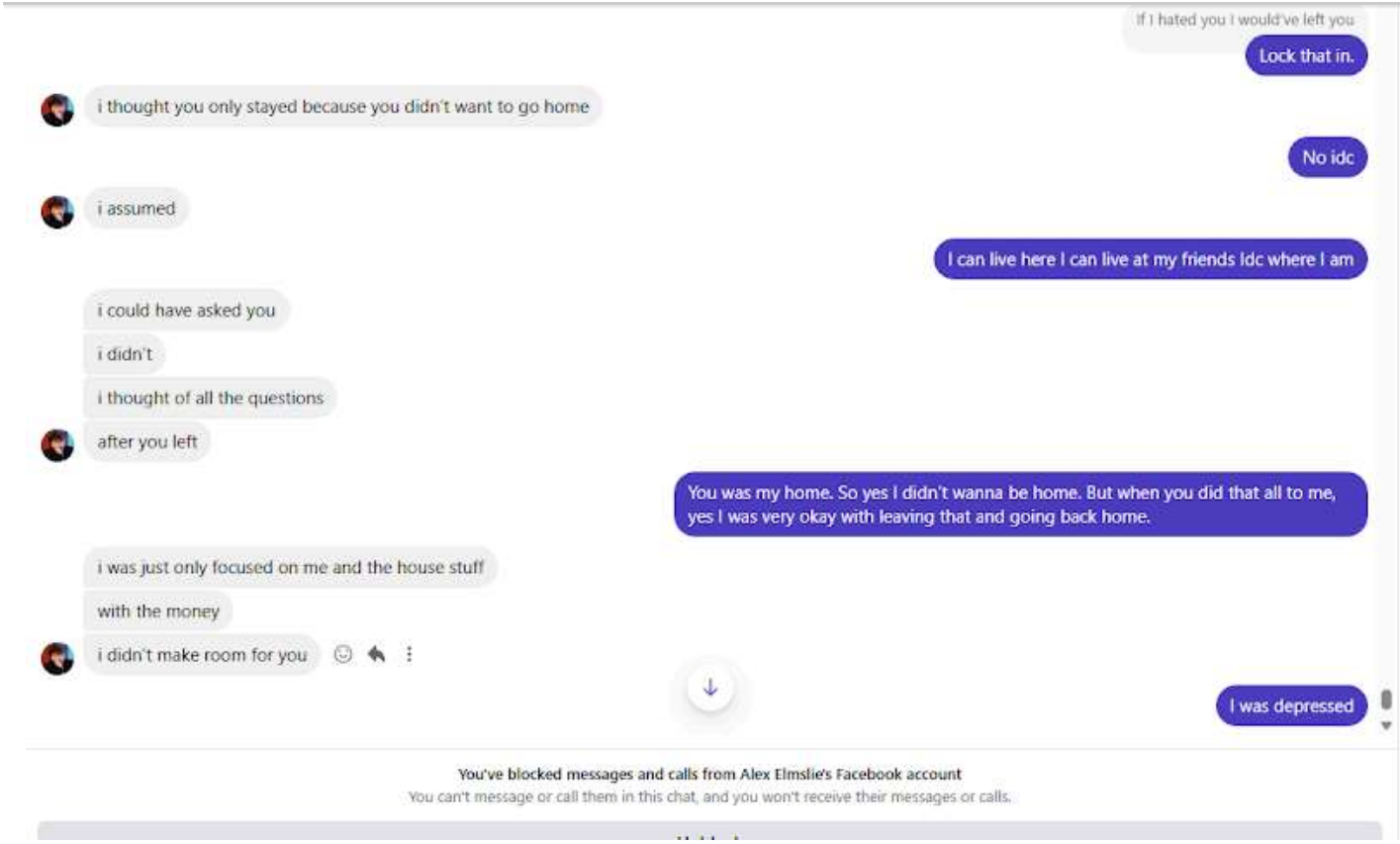

i've seen stuff you've posted
I have boxes under my bed
but i can't be the one to reach out
it would debate the point
i made the hole
and it makes me sick
i really thought i could be good for you
I really. Wish. You was.
But that's
i didn't get it
Not you rn
i just kept hammering work at you
as a fix
because i thought it was my fix
every day i walk
i think wow imagine if i had made alice do this
and it just kills me dead
You've blocked messages and calls from Alex Elmslie's Facebook account

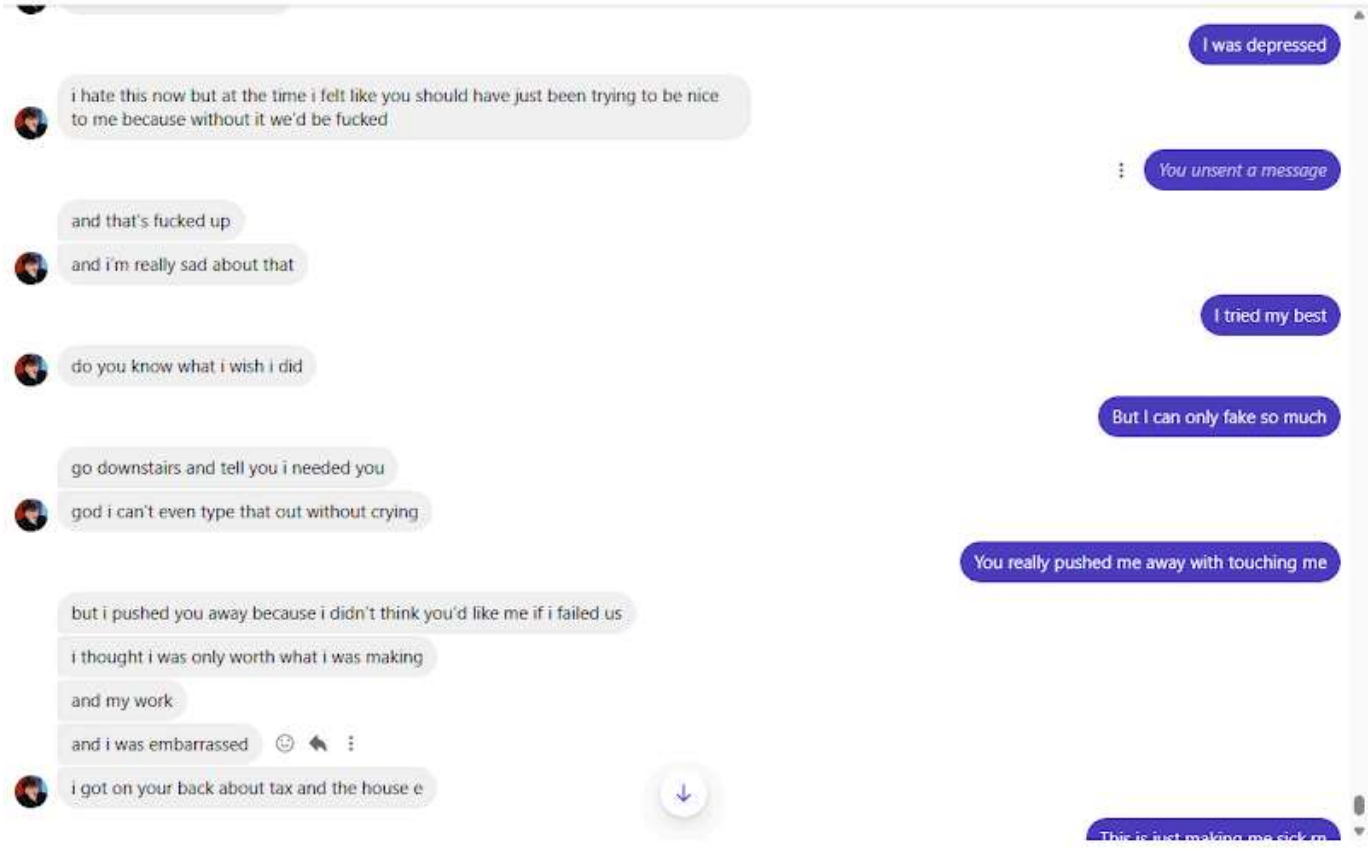
# Response - Read First


every day i walk
i think wow imagine if i had made alice do this
and it just kills me dead
i can't do anything without thinking of you
i just reflect
24/7
and people tell me not too
but i don't listen
i don't want to not think about it all
i truly want to understand why i was that
and not what i wanted to be
I just always go back to the same question
Why did he do this
Why did he do that
i've figured some stuff out

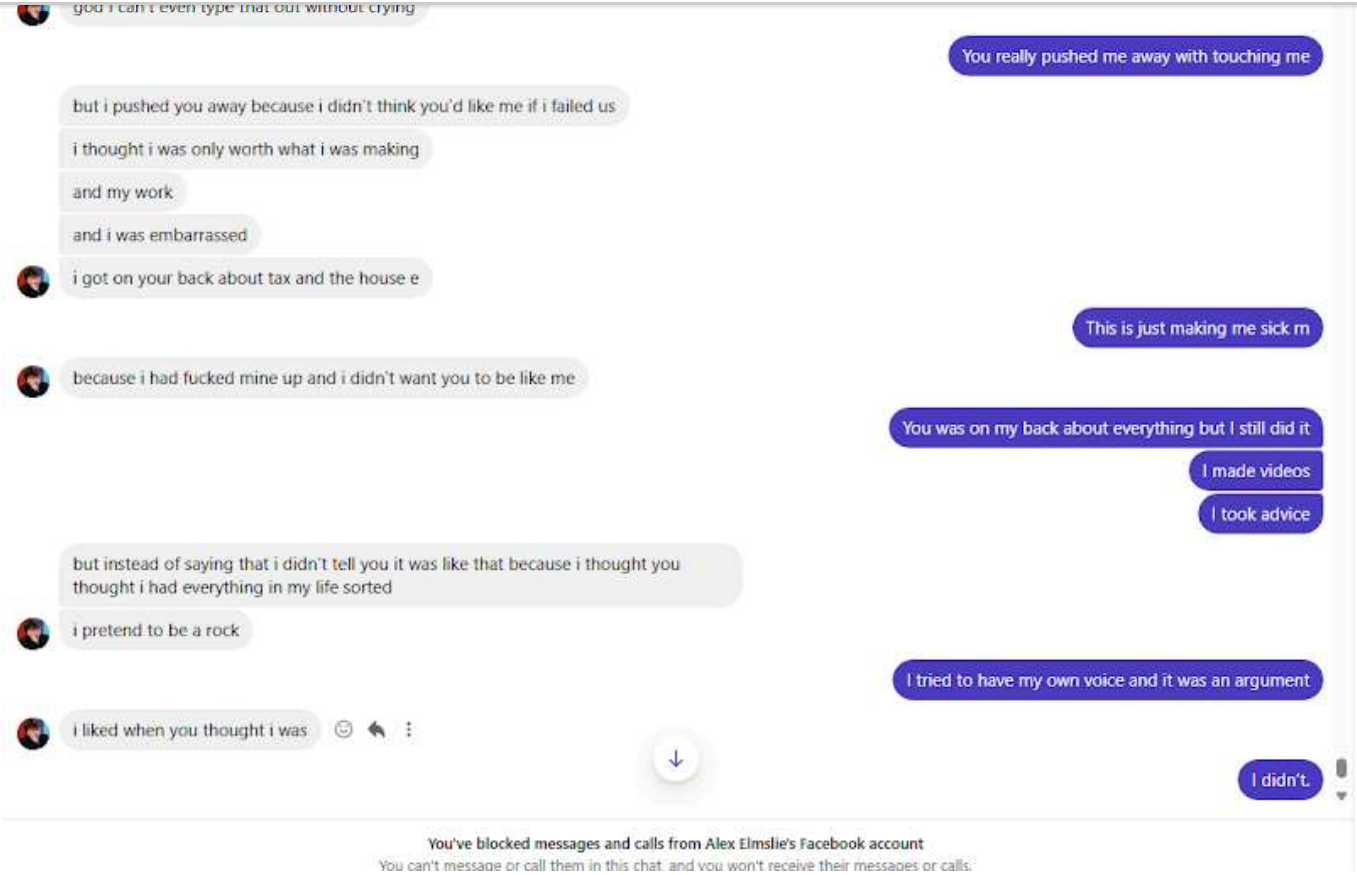

Why did he do that
i've figured some stuff out
Because to me
It's so hard to believe
but it doesn't mean it's gone away
which is why i'm alone none
That you can do those things to someone you love
now
i need to be alone
for once
Alex replied to you
That you can do those things to someone you love
i thought you hated me
If I hated you I would've left you
and o thought you resented me
You replied to yourself
If I hated you I would've left you
Lock that in.
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First

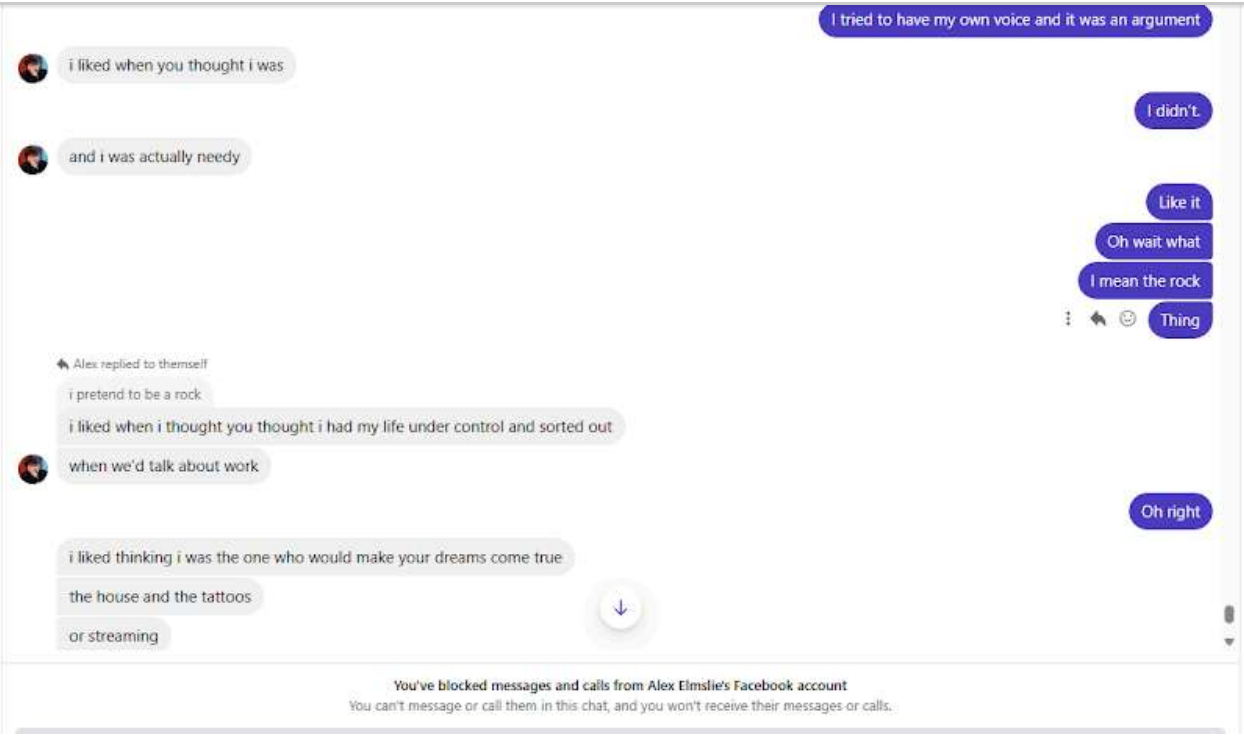

If I hated you I would've left you
Lock that in.
i thought you only stayed because you didn't want to go home
No idc
i assumed
I can live here I can live at my friends idc where I am
i could have asked you
i didn't
i thought of all the questions
after you left
You was my home. So yes I didn't wanna be home. But when you did that all to me, yes I was very okay with leaving that and going back home.
i was just only focused on me and the house stuff
with the money
i didn't make room for you
I was depressed
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

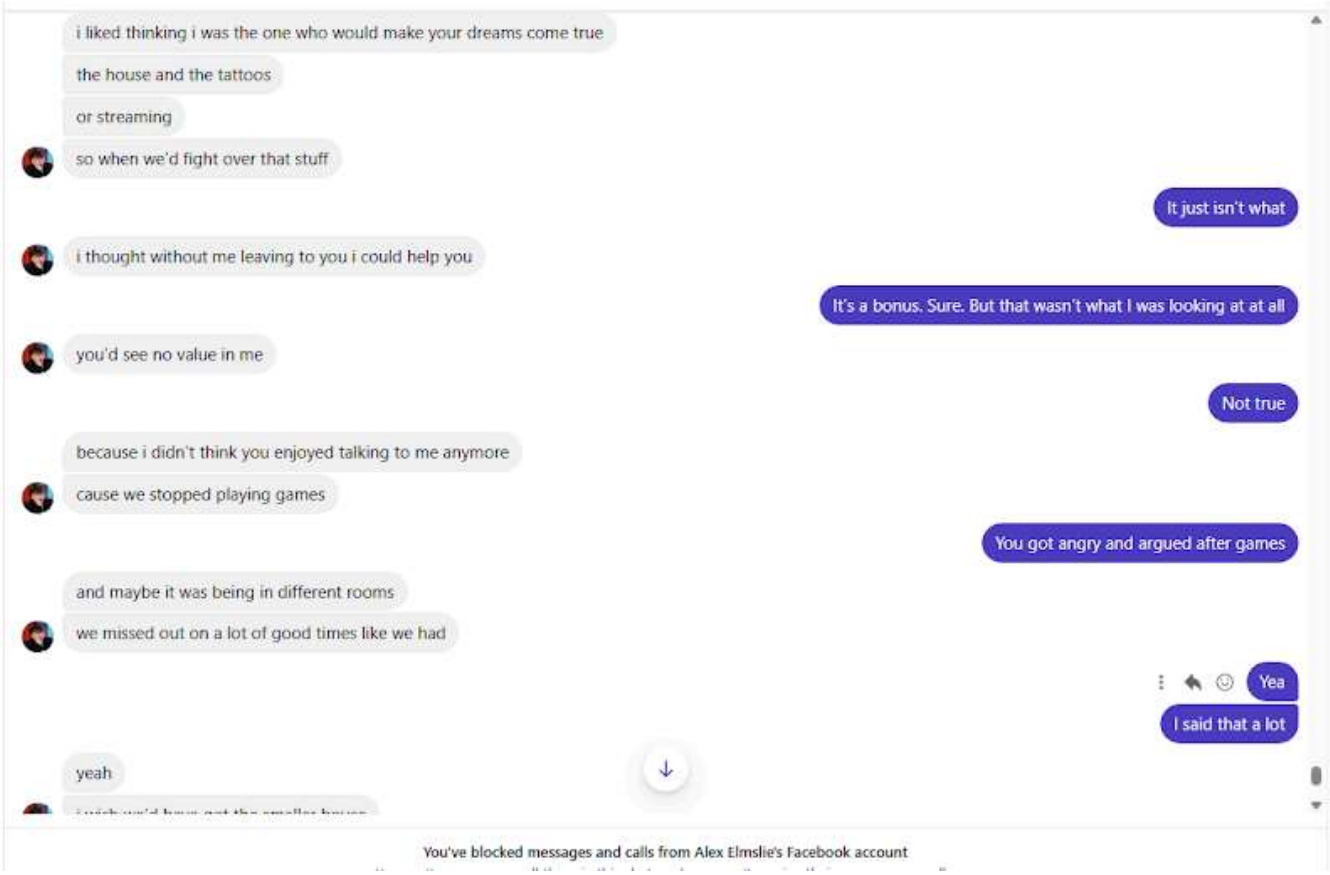

I was depressed
i hate this now but at the time i felt like you should have just been trying to be nice to me because without it we'd be fucked
You unsent a message
and that's fucked up
and i'm really sad about that
I tried my best
do you know what i wish i did
But I can only fake so much
go downstairs and tell you i needed you
god i can't even type that out without crying
You really pushed me away with touching me
but i pushed you away because i didn't think you'd like me if i failed us
i thought i was only worth what i was making
and my work
and i was embarrassed
i got on your back about tax and the house e

# Response - Read First

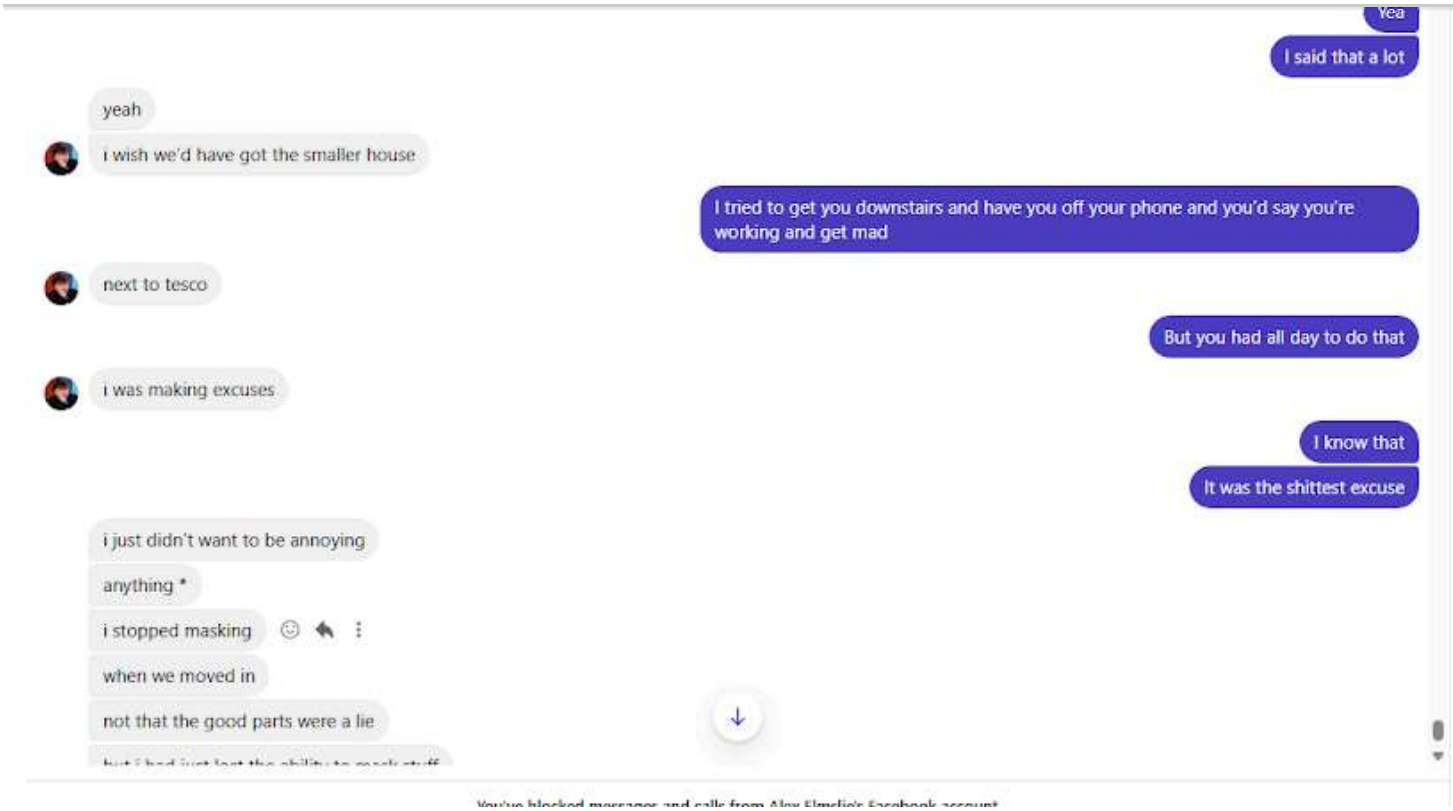

god i can't even type that out without crying
You really pushed me away with touching me
but i pushed you away because i didn't think you'd like me if i failed us
i thought i was only worth what i was making
and my work
and i was embarrassed
i got on your back about tax and the house e
This is just making me sick rn
because i had fucked mine up and i didn't want you to be like me
You was on my back about everything but I still did it
I made videos
I took advice
but instead of saying that i didn't tell you it was like that because i thought you thought i had everything in my life sorted
i pretend to be a rock
I tried to have my own voice and it was an argument
i liked when you thought i was
I didn't.
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

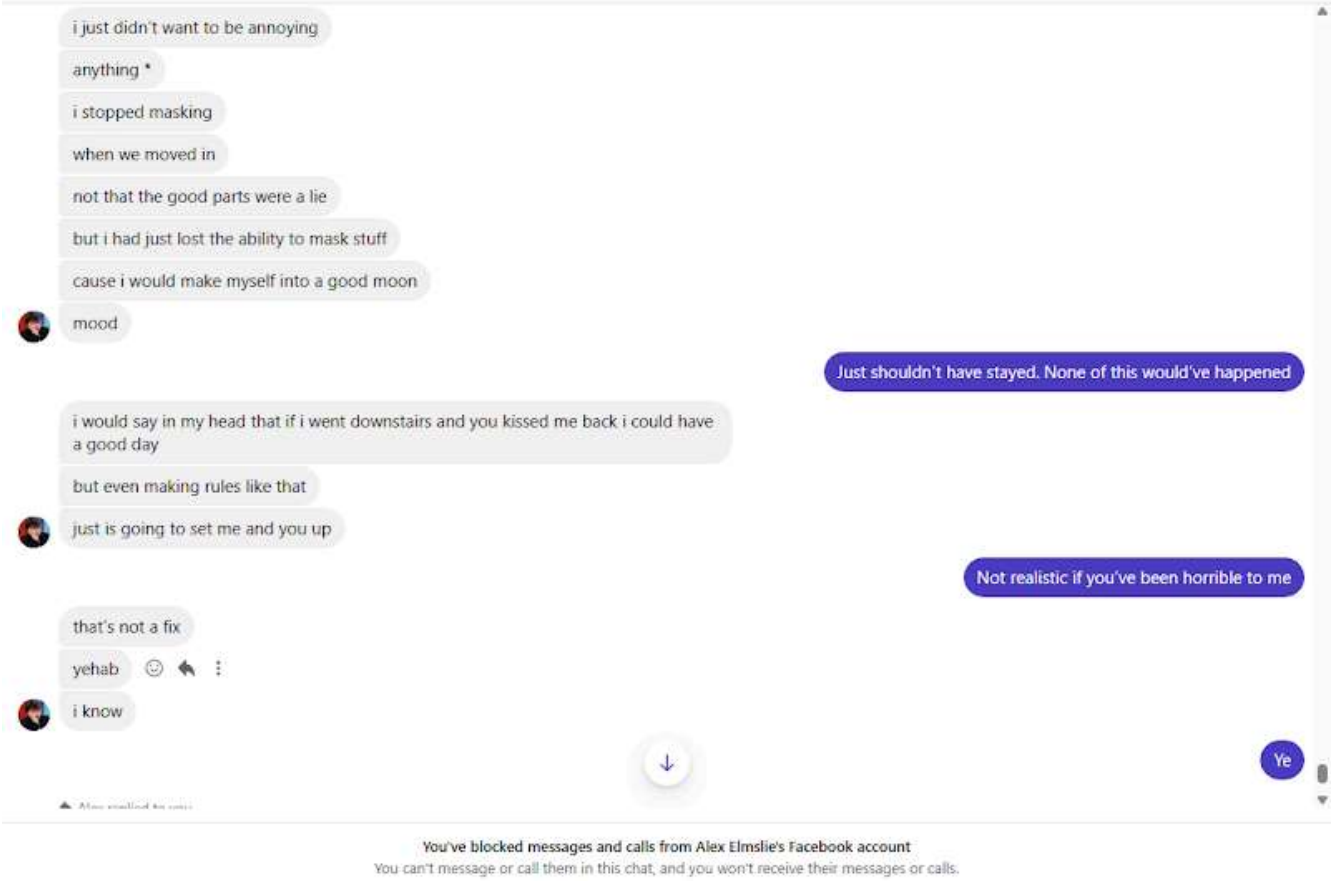
# Response - Read First


I tried to have my own voice and it was an argument
i liked when you thought i was
I didn't.
and i was actually needy
Like it
Oh wait what
I mean the rock
Thing
Alex replied to themself
i pretend to be a rock
i liked when i thought you thought i had my life under control and sorted out
when we'd talk about work
Oh right
i liked thinking i was the one who would make your dreams come true
the house and the tattoos
or streaming
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

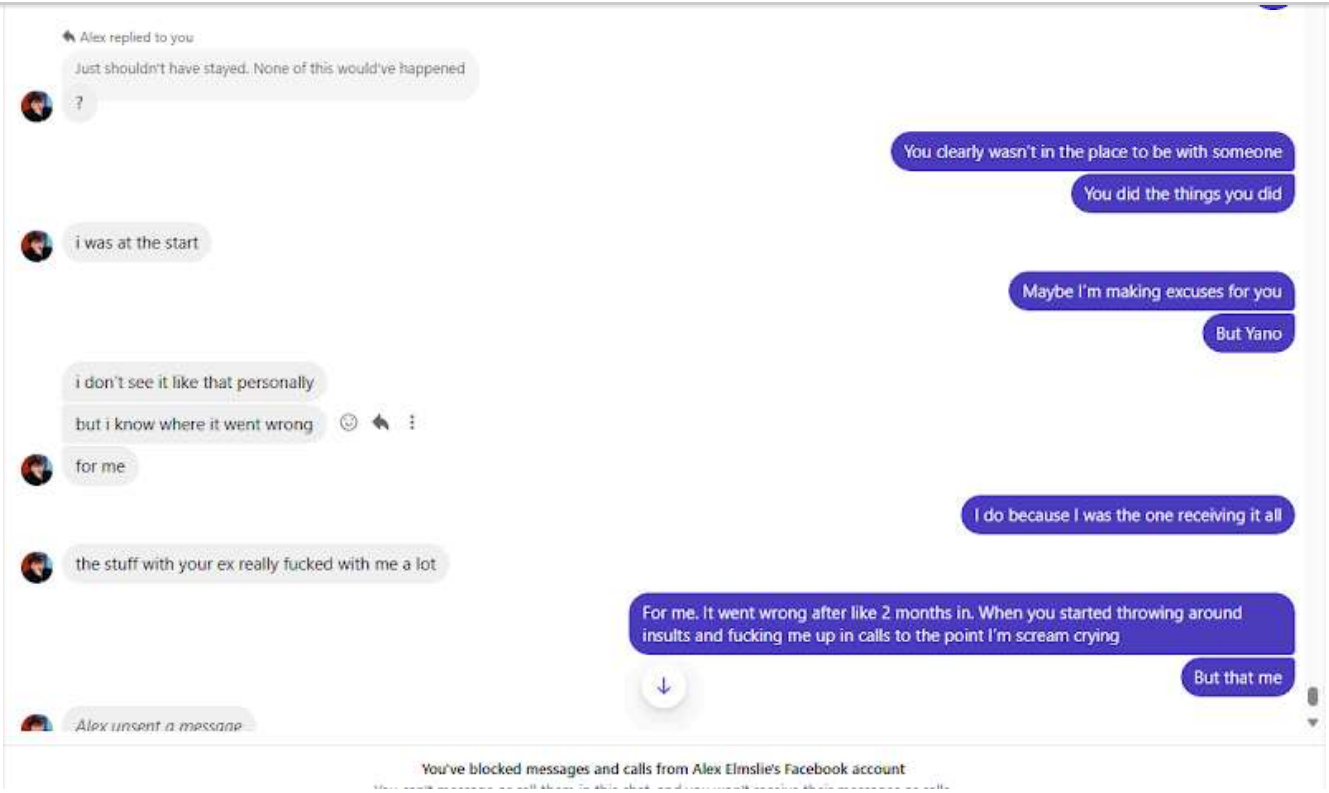

i liked thinking i was the one who would make your dreams come true
the house and the tattoos
or streaming
so when we'd fight over that stuff
It just isn't what
i thought without me leaving to you i could help you
It's a bonus. Sure. But that wasn't what I was looking at at all
you'd see no value in me
Not true
because i didn't think you enjoyed talking to me anymore
cause we stopped playing games
You got angry and argued after games
and maybe it was being in different rooms
we missed out on a lot of good times like we had
Yea
I said that a lot
yeah
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First

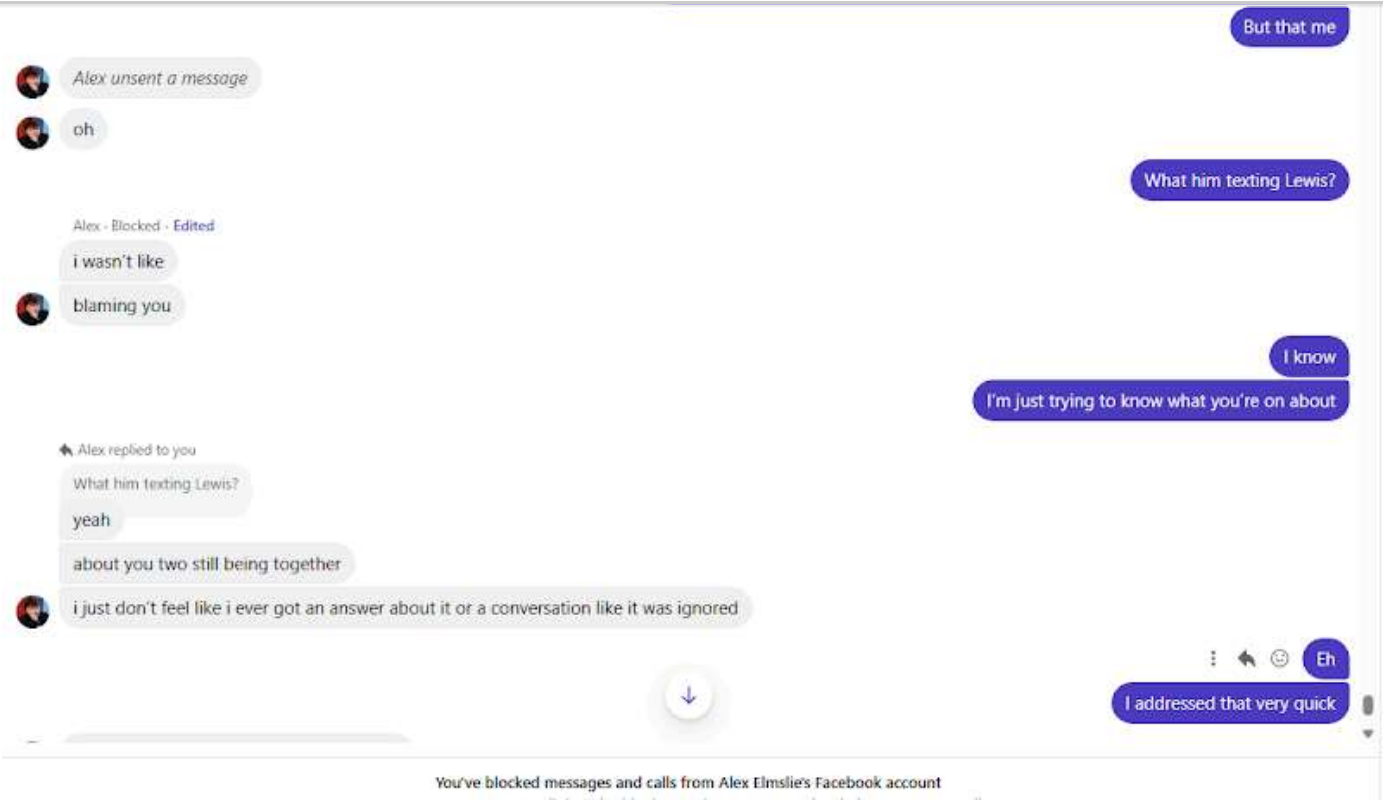

Yea
I said that a lot
yeah
i wish we'd have got the smaller house
I tried to get you downstairs and have you off your phone and you'd say you're working and get mad
next to tesco
But you had all day to do that
i was making excuses
I know that
It was the shittest excuse
i just didn't want to be annoying
anything *
i stopped masking
when we moved in
not that the good parts were a lie


i just didn't want to be annoying
anything *
i stopped masking
when we moved in
not that the good parts were a lie
but i had just lost the ability to mask stuff
cause i would make myself into a good moon
mood
Just shouldn't have stayed. None of this would've happened
i would say in my head that if i went downstairs and you kissed me back i could have a good day
but even making rules like that
just is going to set me and you up
Not realistic if you've been horrible to me
that's not a fix
yehab
i know
Ye
You've blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

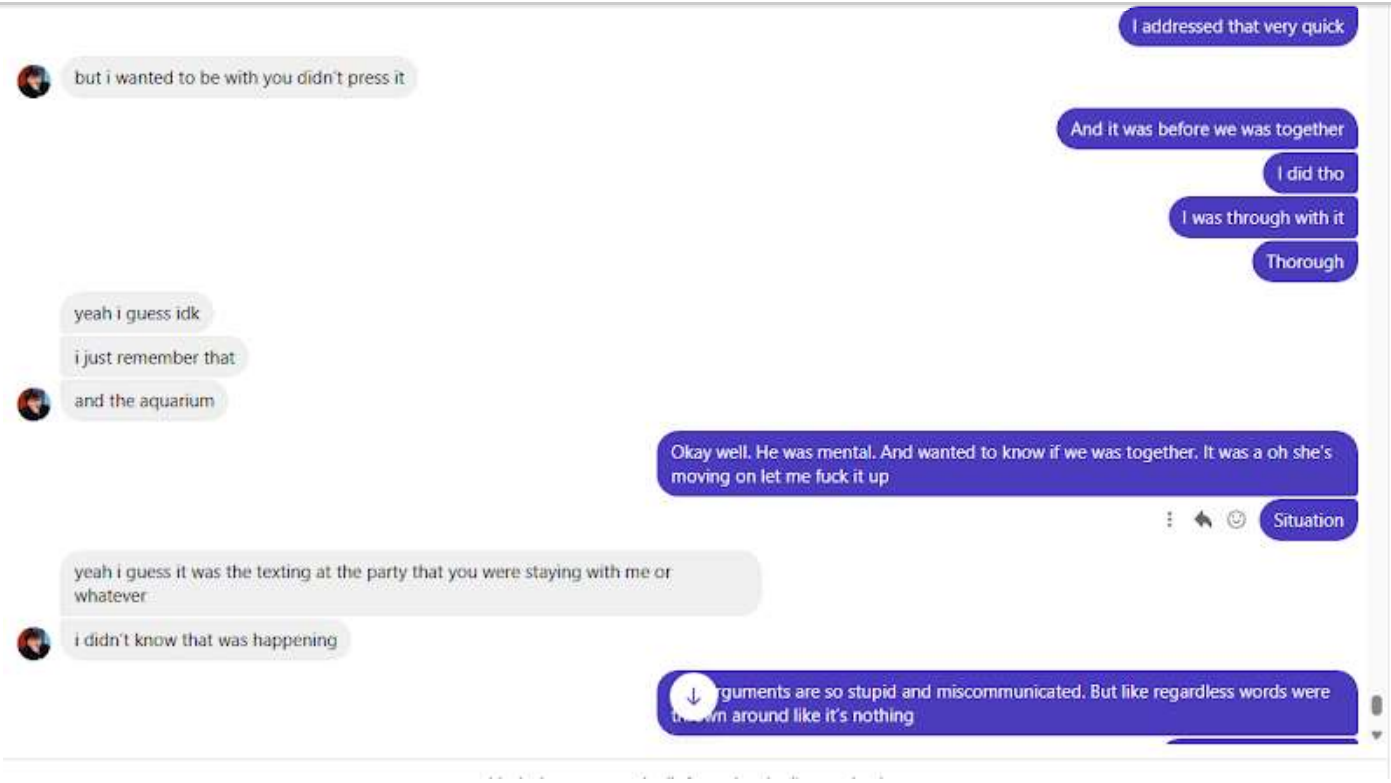
# Response - Read First

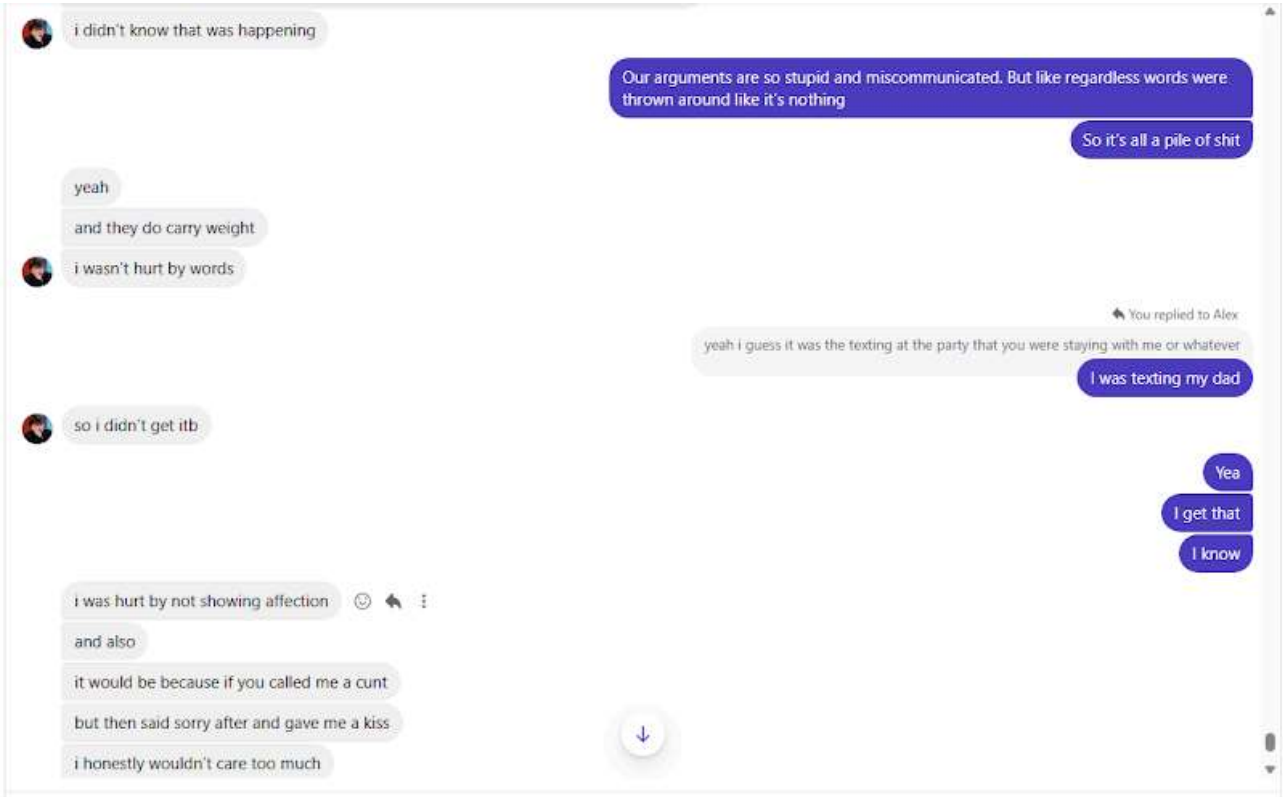

Alex replied to you
Just shouldn't have stayed. None of this would've happened
?
You clearly wasn't in the place to be with someone
You did the things you did
i was at the start
Maybe I'm making excuses for you
But Yano
i don't see it like that personally
but i know where it went wrong
for me
I do because I was the one receiving it all
the stuff with your ex really fucked with me a lot
For me. It went wrong after like 2 months in. When you started throwing around insults and fucking me up in calls to the point I'm scream crying
But that me
Alex unsent a message
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First

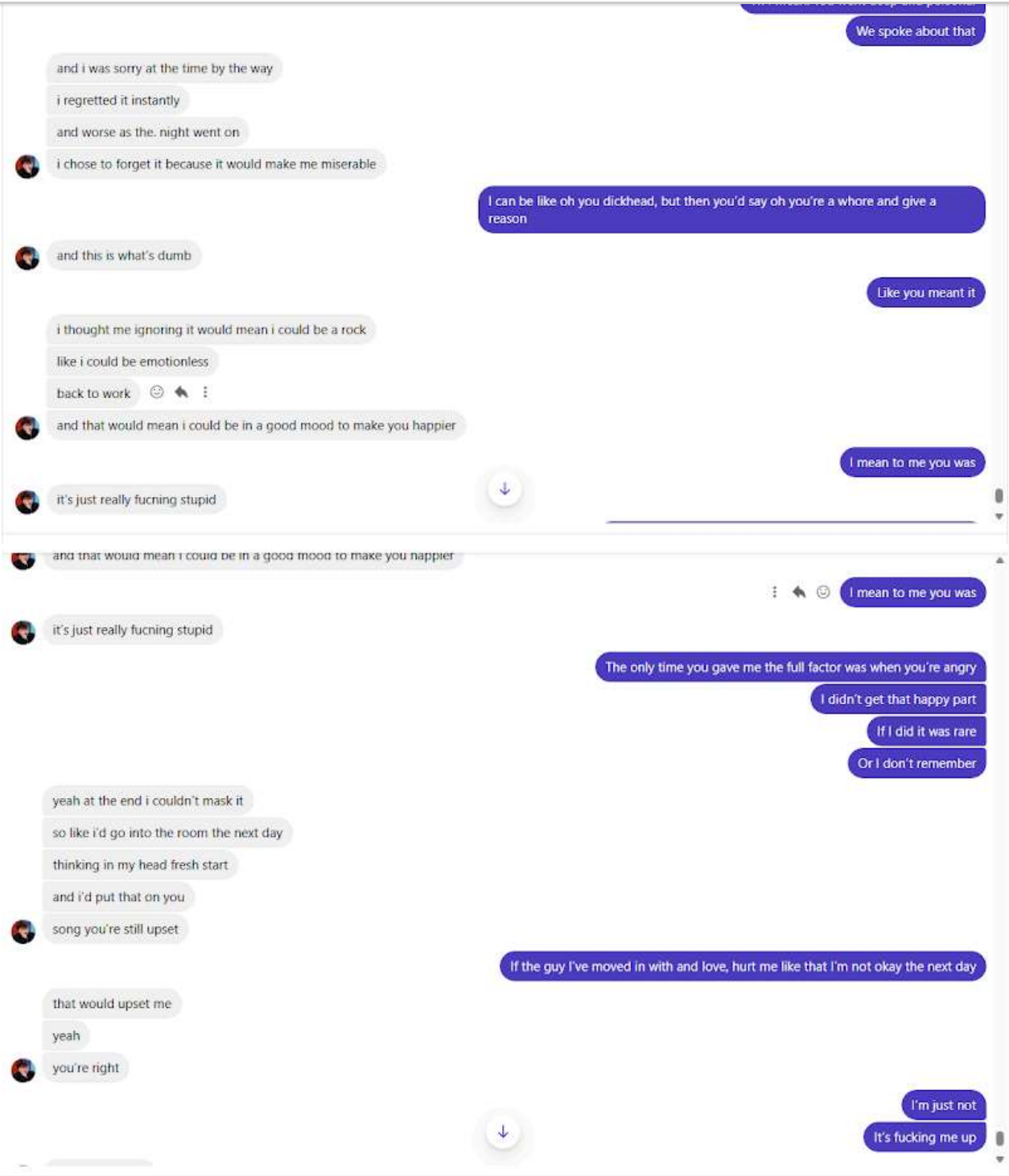

But that me
Alex unsent a message
oh
What him texting Lewis?
Alex - Blocked - Edited
i wasn't like
blaming you
I know
I'm just trying to know what you're on about
Alex replied to you
What him texting Lewis?
yeah
about you two still being together
i just don't feel like i ever got an answer about it or a conversation like it was ignored
Eh
I addressed that very quick
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First

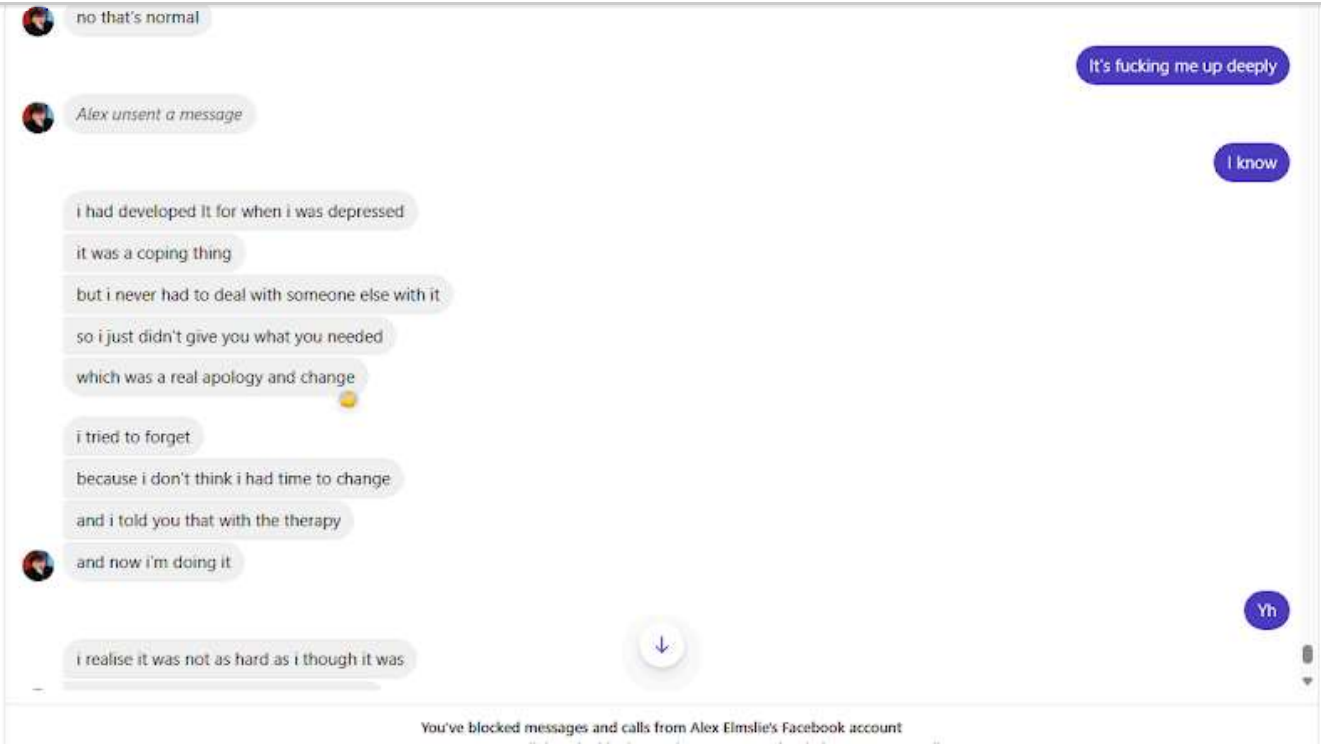

I addressed that very quick
but i wanted to be with you didn't press it
And it was before we was together
I did tho
I was through with it
Thorough
yeah i guess idk
i just remember that
and the aquarium
Okay well. He was mental. And wanted to know if we was together. It was a oh she's moving on let me fuck it up
Situation
yeah i guess it was the texting at the party that you were staying with me or whatever
i didn't know that was happening
guments are so stupid and miscommunicated. But like regardless words were
wn around like it's nothing


i didn't know that was happening
Our arguments are so stupid and miscommunicated. But like regardless words were thrown around like it's nothing
So it's all a pile of shit
yeah
and they do carry weight
i wasn't hurt by words
You replied to Alex
yeah i guess it was the texting at the party that you were staying with me or whatever
I was texting my dad
so i didn't get itb
Yea
I get that
I know
i was hurt by not showing affection
and also
it would be because if you called me a cunt
but then said sorry after and gave me a kiss
i honestly wouldn't care too much

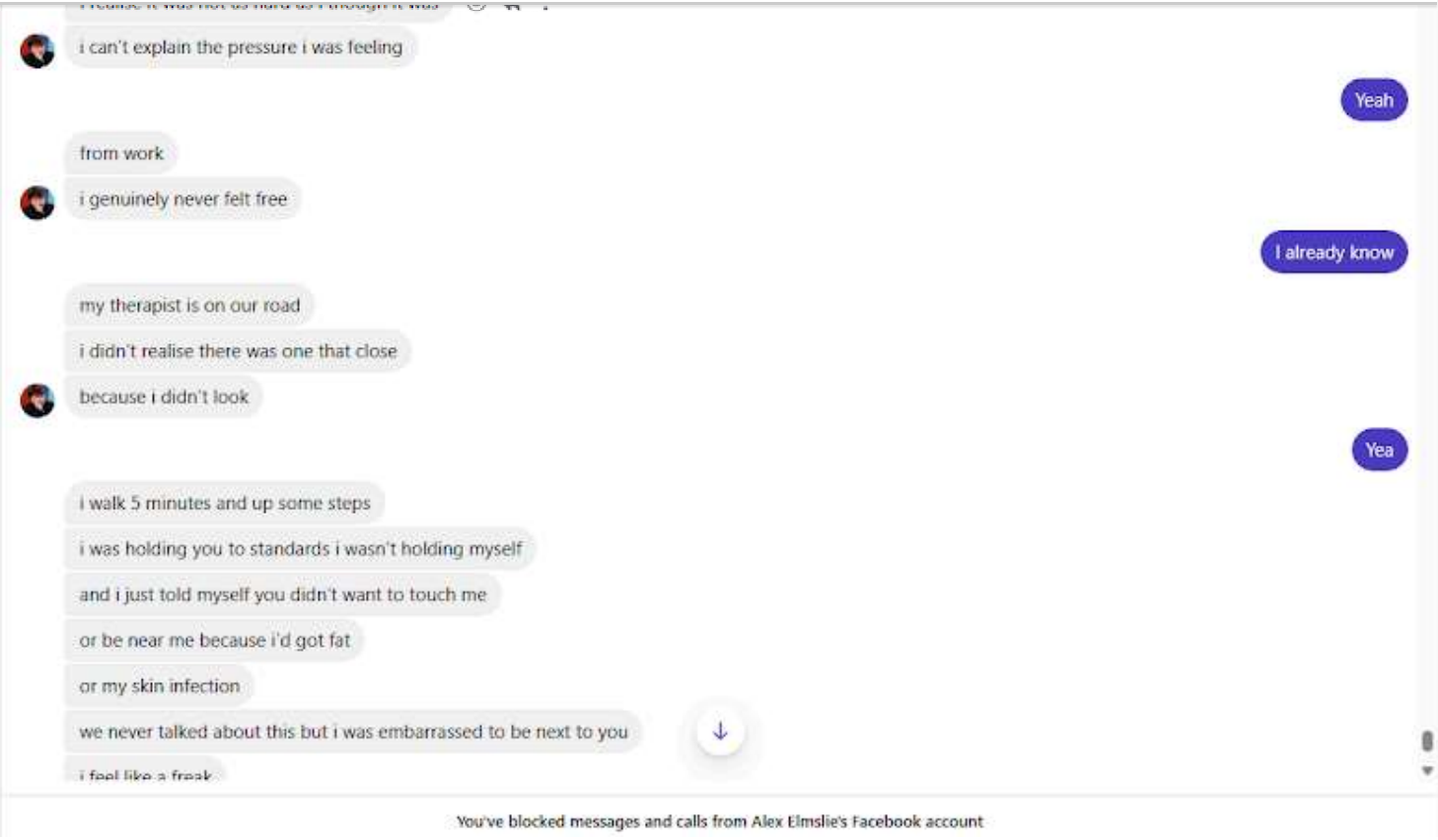
# Response - Read First


We spoke about that
and i was sorry at the time by the way
i regretted it instantly
and worse as the. night went on
i chose to forget it because it would make me miserable
I can be like oh you dickhead, but then you'd say oh you're a whore and give a reason
and this is what's dumb
Like you meant it
i thought me ignoring it would mean i could be a rock
like i could be emotionless
back to work
and that would mean i could be in a good mood to make you happier
I mean to me you was
it's just really fucning stupid
and that would mean i could be in a good mood to make you happier
I mean to me you was
it's just really fucning stupid
The only time you gave me the full factor was when you're angry
I didn't get that happy part
If I did it was rare
Or I don't remember
yeah at the end i couldn't mask it
so like i'd go into the room the next day
thinking in my head fresh start
and i'd put that on you
song you're still upset
If the guy I've moved in with and love, hurt me like that I'm not okay the next day
that would upset me
yeah
you're right
I'm just not
It's fucking me up

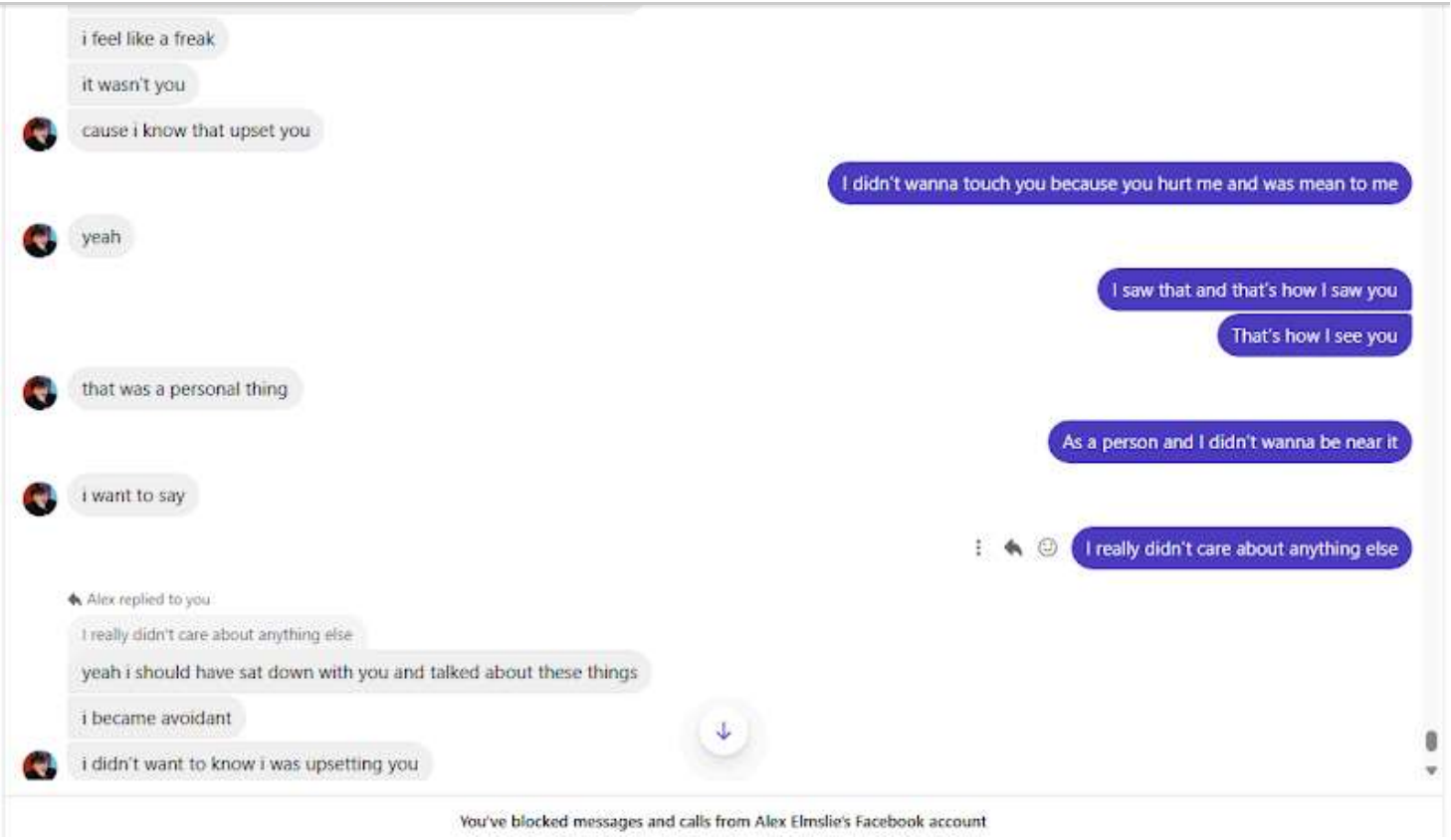
# Response - Read First


no that's normal
It's fucking me up deeply
Alex unsent a message
I know
i had developed it for when i was depressed
it was a coping thing
but i never had to deal with someone else with it
so i just didn't give you what you needed
which was a real apology and change
i tried to forget
because i don't think i had time to change
and i told you that with the therapy
and now i'm doing it
Yh
i realise it was not as hard as i though it was
You've blocked messages and calls from Alex Elmslie's Facebook account

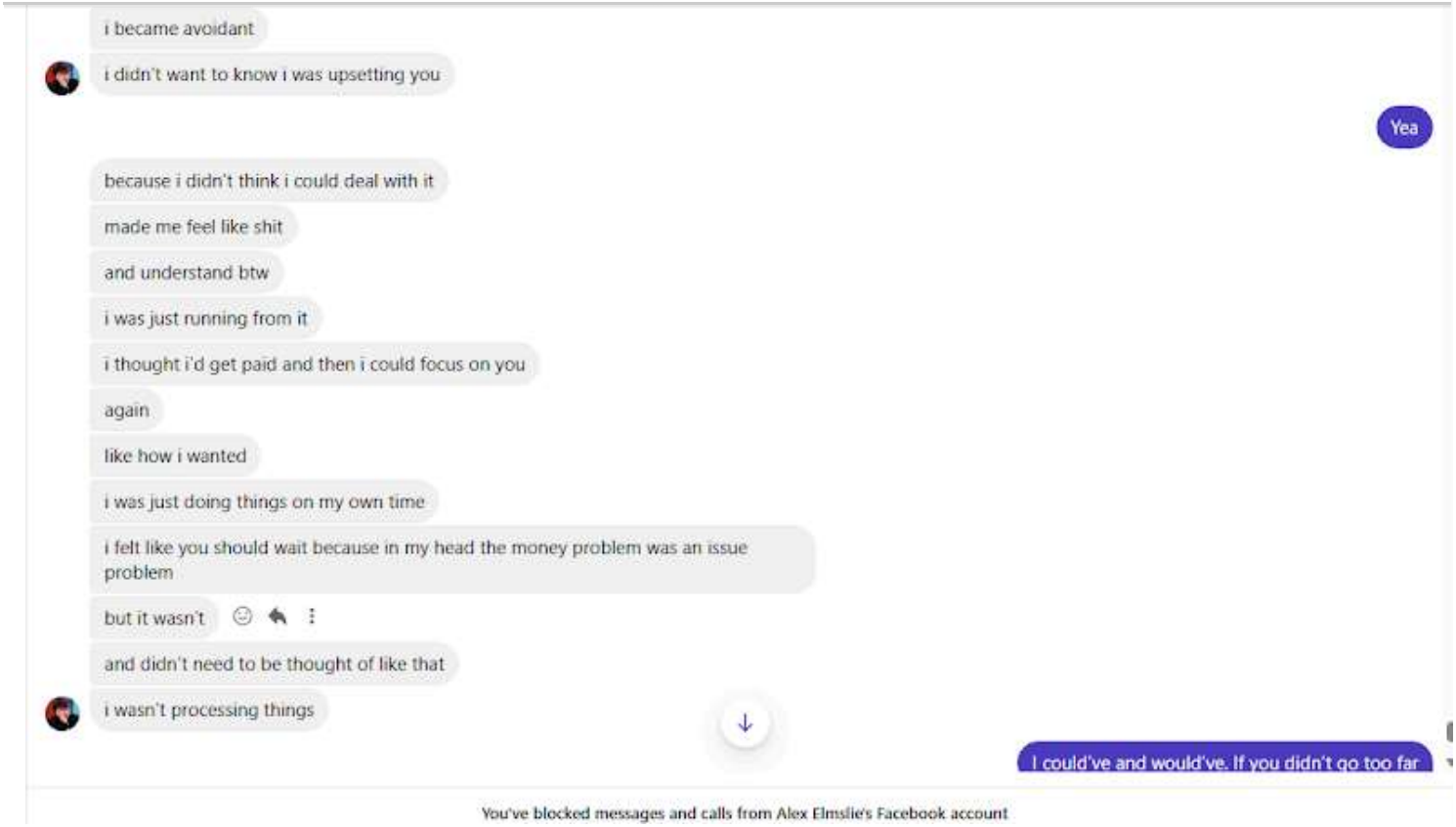
# Response - Read First


i can't explain the pressure i was feeling
Yeah
from work
i genuinely never felt free
I already know
my therapist is on our road
i didn't realise there was one that close
because i didn't look
Yea
i walk 5 minutes and up some steps
i was holding you to standards i wasn't holding myself
and i just told myself you didn't want to touch me
or be near me because i'd got fat
or my skin infection
we never talked about this but i was embarrassed to be next to you
You've blocked messages and calls from Alex Elmslie's Facebook account

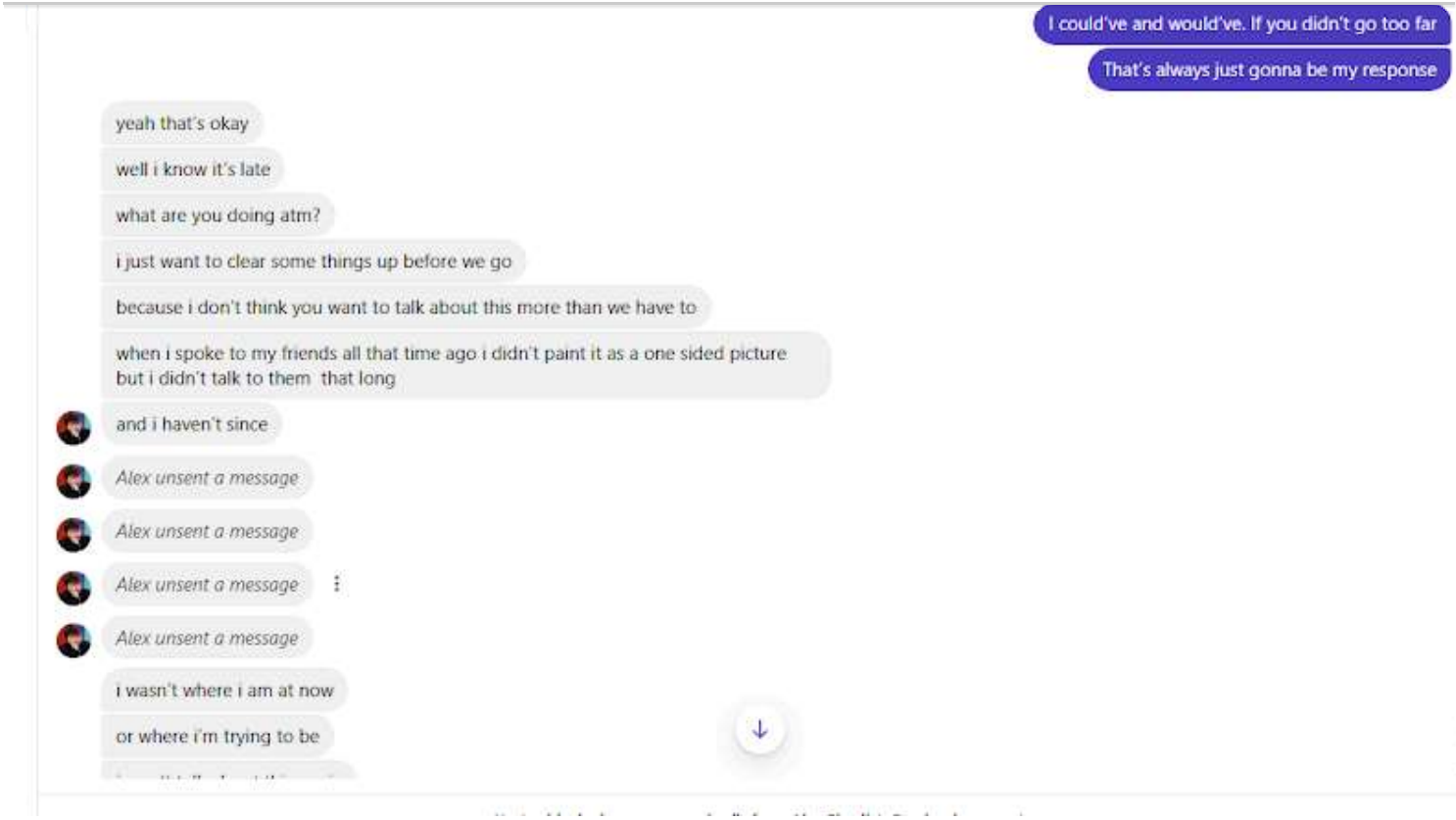
# Response - Read First


i feel like a freak
it wasn't you
cause i know that upset you
I didn't wanna touch you because you hurt me and was mean to me
yeah
I saw that and that's how I saw you
That's how I see you
that was a personal thing
As a person and I didn't wanna be near it
i want to say
I really didn't care about anything else
Alex replied to you
I really didn't care about anything else
yeah i should have sat down with you and talked about these things
i became avoidant
i didn't want to know i was upsetting you
You've blocked messages and calls from Alex Elmslie's Facebook account

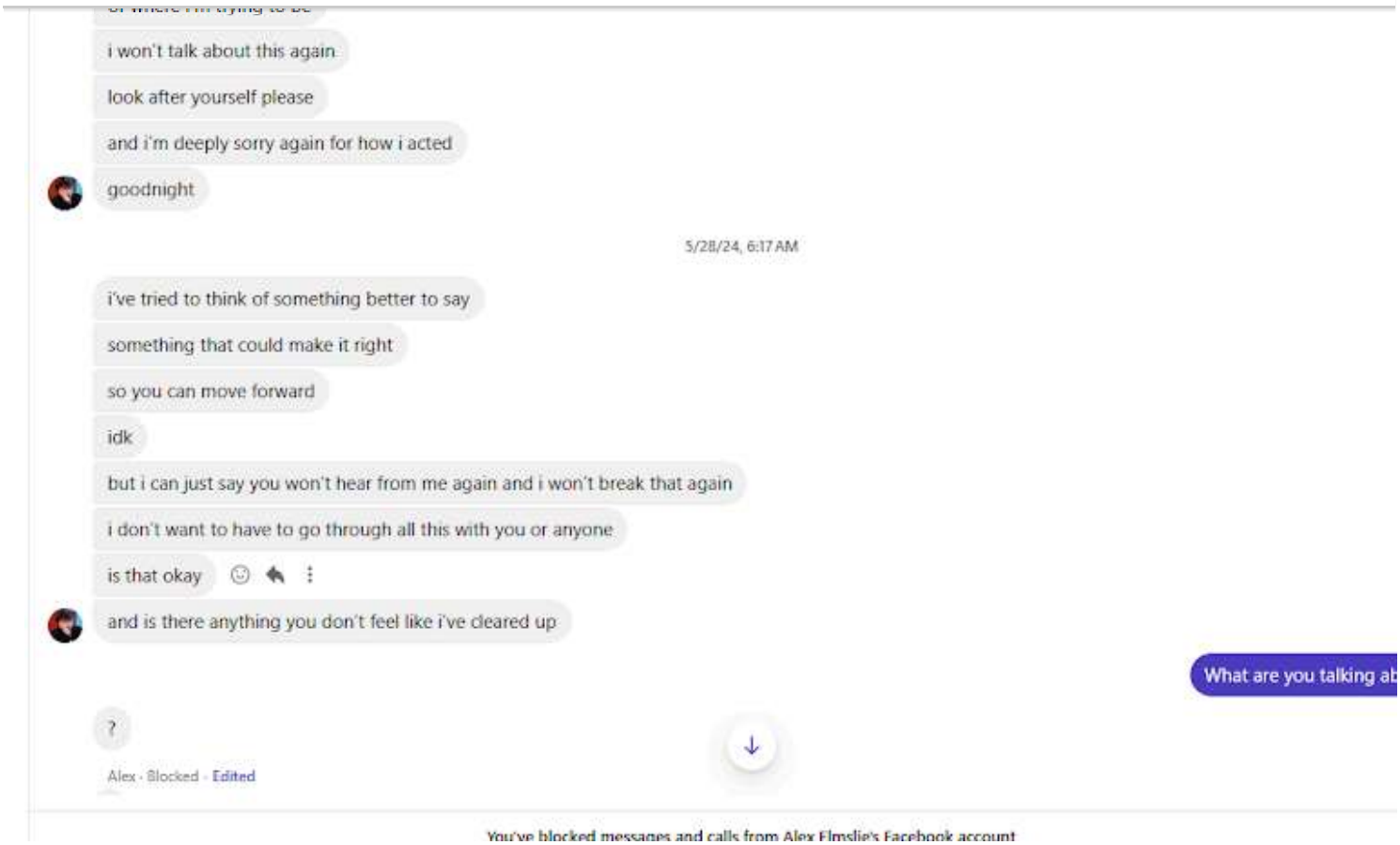
# Response - Read First

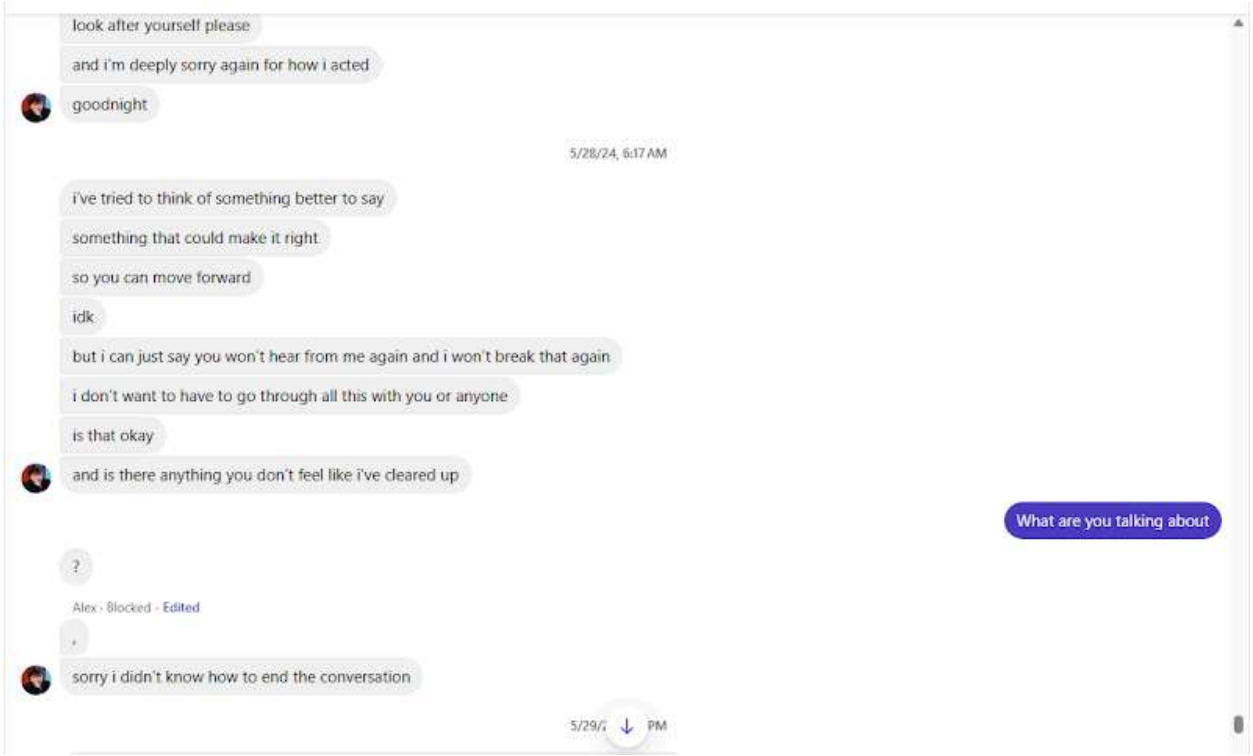

i became avoidant
i didn't want to know i was upsetting you
Yea
because i didn't think i could deal with it
made me feel like shit
and understand btw
i was just running from it
i thought i'd get paid and then i could focus on you
again
like how i wanted
i was just doing things on my own time
i felt like you should wait because in my head the money problem was an issue problem
but it wasn't
and didn't need to be thought of like that
i wasn't processing things
I could've and would've. If you didn't go too far
You've blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First


I could've and would've. If you didn't go too far
That's always just gonna be my response
yeah that's okay
well i know it's late
what are you doing atm?
i just want to clear some things up before we go
because i don't think you want to talk about this more than we have to
when i spoke to my friends all that time ago i didn't paint it as a one sided picture but i didn't talk to them that long
and i haven't since
Alex unsent a message
Alex unsent a message
Alex unsent a message
Alex unsent a message
i wasn't where i am at now
or where i'm trying to be

# Response - Read First


i won't talk about this again
look after yourself please
and i'm deeply sorry again for how i acted
goodnight
5/28/24, 6:17 AM
i've tried to think of something better to say
something that could make it right
so you can move forward
idk
but i can just say you won't hear from me again and i won't break that again
i don't want to have to go through all this with you or anyone
is that okay
and is there anything you don't feel like i've cleared up
What are you talking ab
?
Alex · Blocked · Edited
You've blocked messages and calls from Alex Elmslie's Facebook account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goodnight
5/28/24, 6:17 AM
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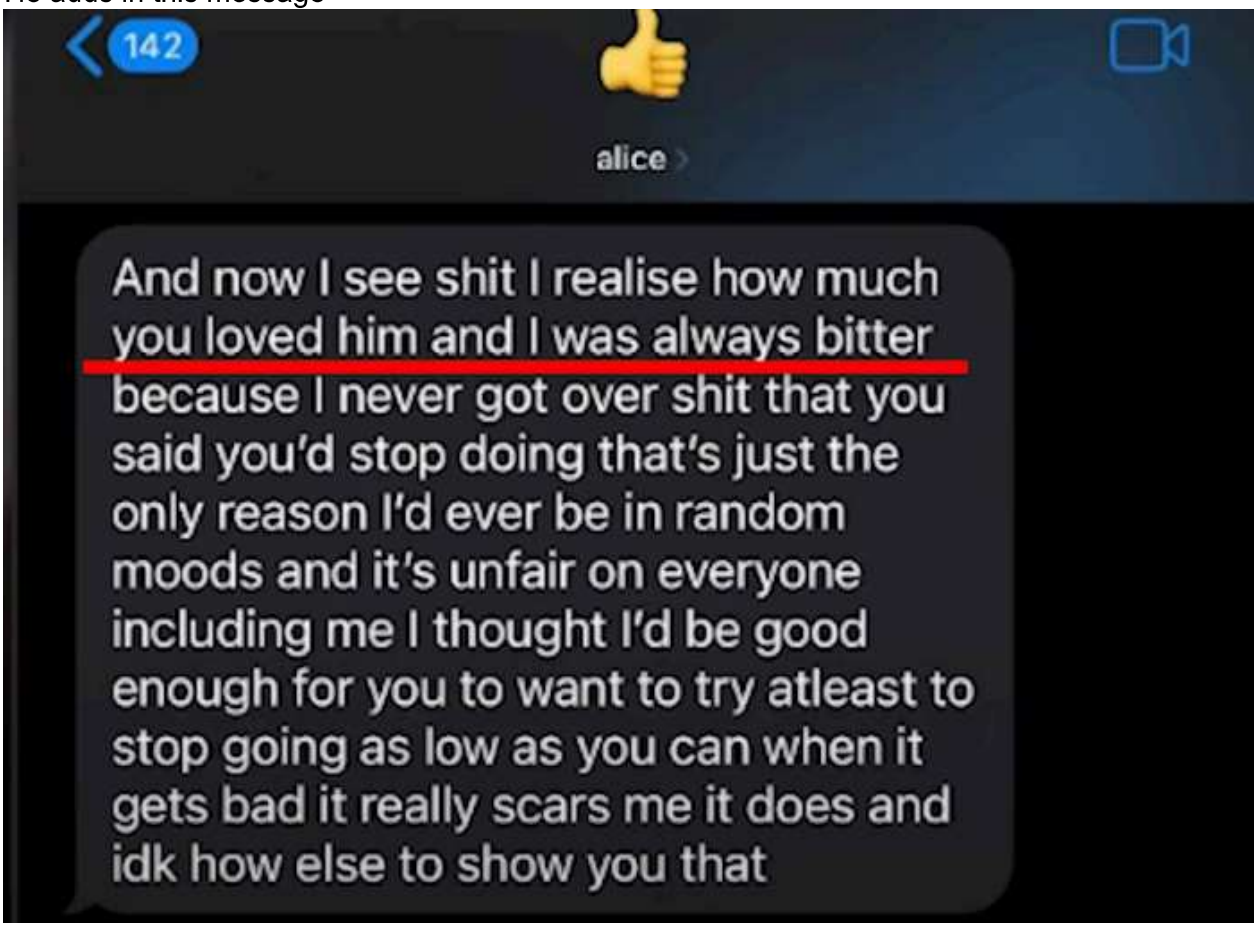
something that could make it right
so you can move forward
idk
but i can just say you won't hear from me again and i won't break that again
i don't want to have to go through all this with you or anyone
is that okay
and is there anything you don't feel like i've cleared up
What are you talking about
?
Alex · Blocked · Edited
sorry i didn't know how to end the conversation

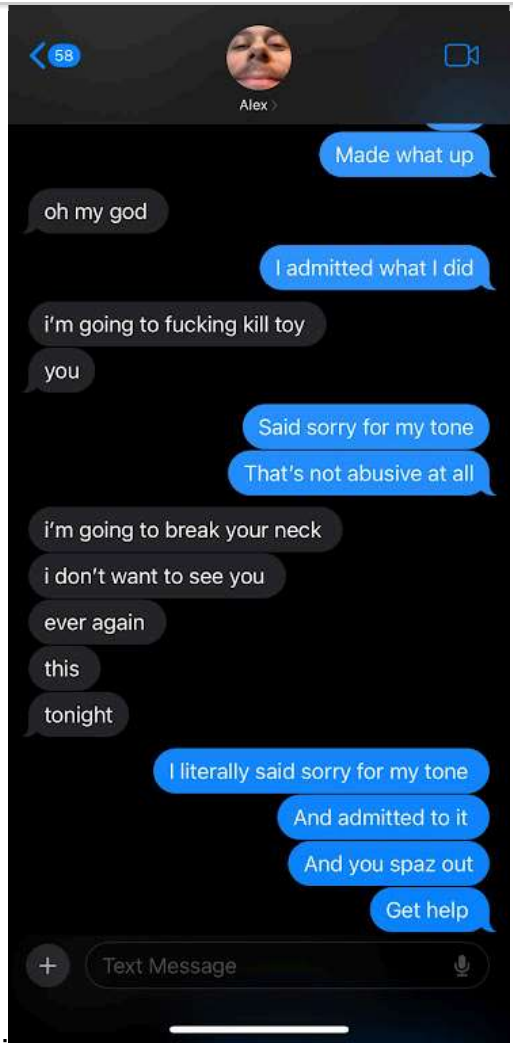
# Response - Read First

gave up with believing him telling me he wants to fix things, this is draining for both of us 100% hes trying and im not giving, and im valid in doing so because it was always after a shitty argument where he then not to my surprise insults me and goes on, i give it back and i defended myself i never denied that i reacted, times he insulted me it set that tone and i insulted him back, i state so many times im reacting to something hes done. I should've blocked him everywhere and moved on, which I finally did not long after the continuous arguing. The calls were always blown out of proportion and aggressive, i posted video proof of how our discord calls go, he never left out an insult when he got pissed off, and that for me is a big trigger because since the start of the relationship i had begged him to STOP insulting me calling me a whore etc he says he will stop and then does it the very next day in arguments. He KNEW this was a trigger for me, he went straight for it in every single argument to insult me, i gave up caring about this and insult him back. You can only be told to kill yourself etc and throw so much shit at you before you give the SAME energy and toxicity back. I hate who i had become and I'll forever be apologetic to those I offend with my words, and myself. I let myself and I'm sure many others down but I'm human and I react and this was extremely toxic.

He claims in his video that he “cared” for the cat, when before living together he threatened to snap my cats neck while over mine, we were arguing in my room he gets up and bear started meowing while he was insulting me and comes out with saying hes going to snap the cats neck telling him to shut up. After this I never felt comfortable with him around my cat ever again, there were so many times where I asked or hinted at Alex to go home, as when I got bear he never left and kept coming over.
He adds in this message


142
alice
And now I see shit I realise how much you loved him and I was always bitter because I never got over shit that you said you'd stop doing that's just the only reason I'd ever be in random moods and it's unfair on everyone including me I thought I'd be good enough for you to want to try atleast to stop going as low as you can when it gets bad it really scars me it does and idk how else to show you that

# Response - Read First




I'll only add this here as it's all in my first statement, but I really do push that you read everything there if you haven't already as I am trying to give **new** information and context on this, take accountability for my language back and not recycle.

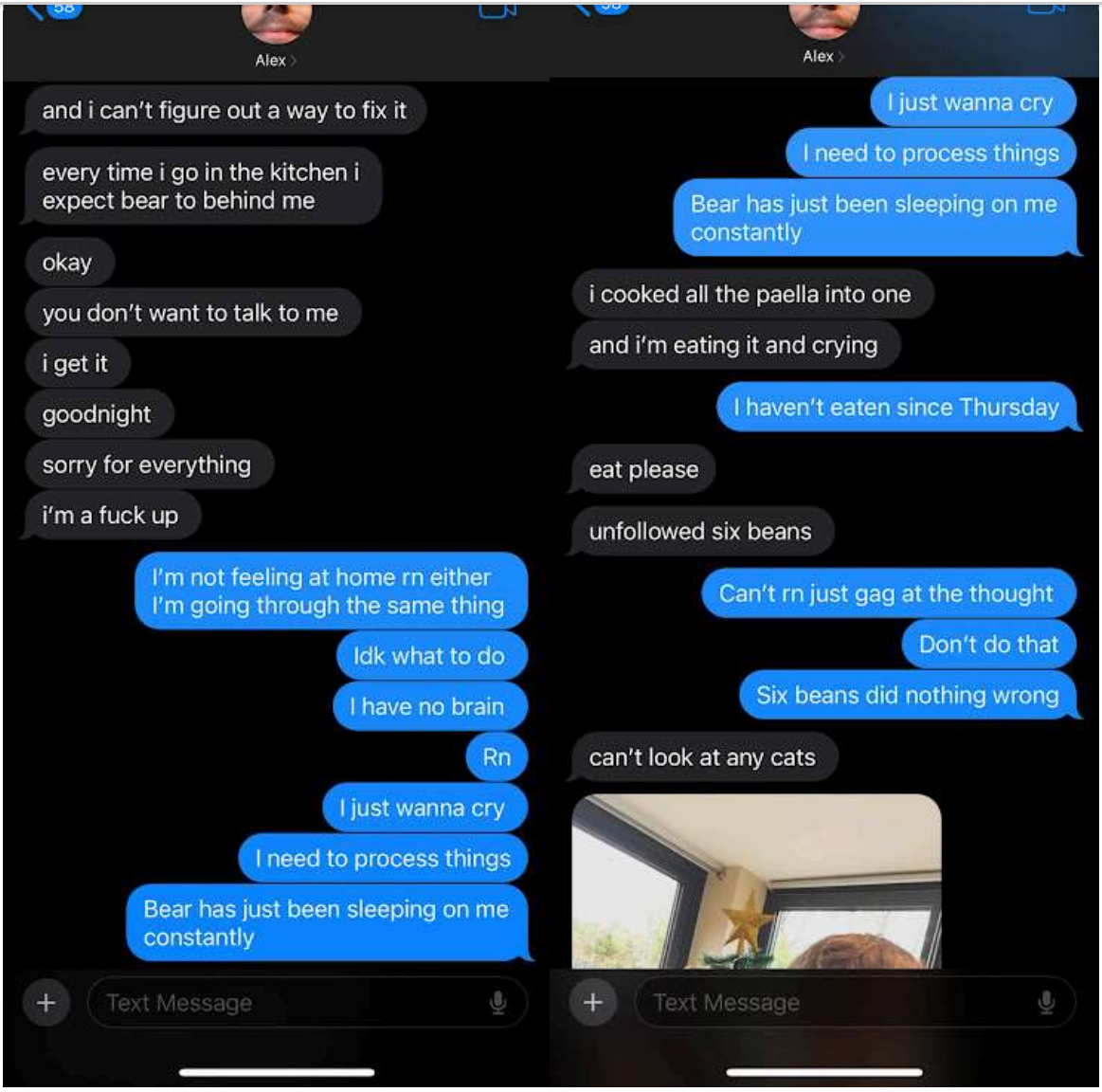
I picked up the call with a very monotone voice, this was a trigger to Alex and made him angry so we argued over it. I apologised over the tone I can have but I'm drained after the argument after argument. It was late at night, he kept ringing and i never wanted to pick up because it was always a shit show, i said i'm going to bed after i picked up and this was in a low tone and that's what validated telling me he's going to kill me, calls me whore etc i was over it.

I'm going to link now the conversation about the cat, where i say “i realise you loved him” as this is in no context, he's just trying to use this to defend telling bear he will snap his neck so here's the full conversation where i am feeling empathy towards alex, forgive and make excuses for him. He Says i cropped these texts and he was doing nothing out of the ordinary with the cat, yet multiple times i explain to him after saying “weird things” i was uncomfortable in many messages i say he had bear in my face and said “i'm going to take you away” etc and he admits in many texts it was a “joke”.

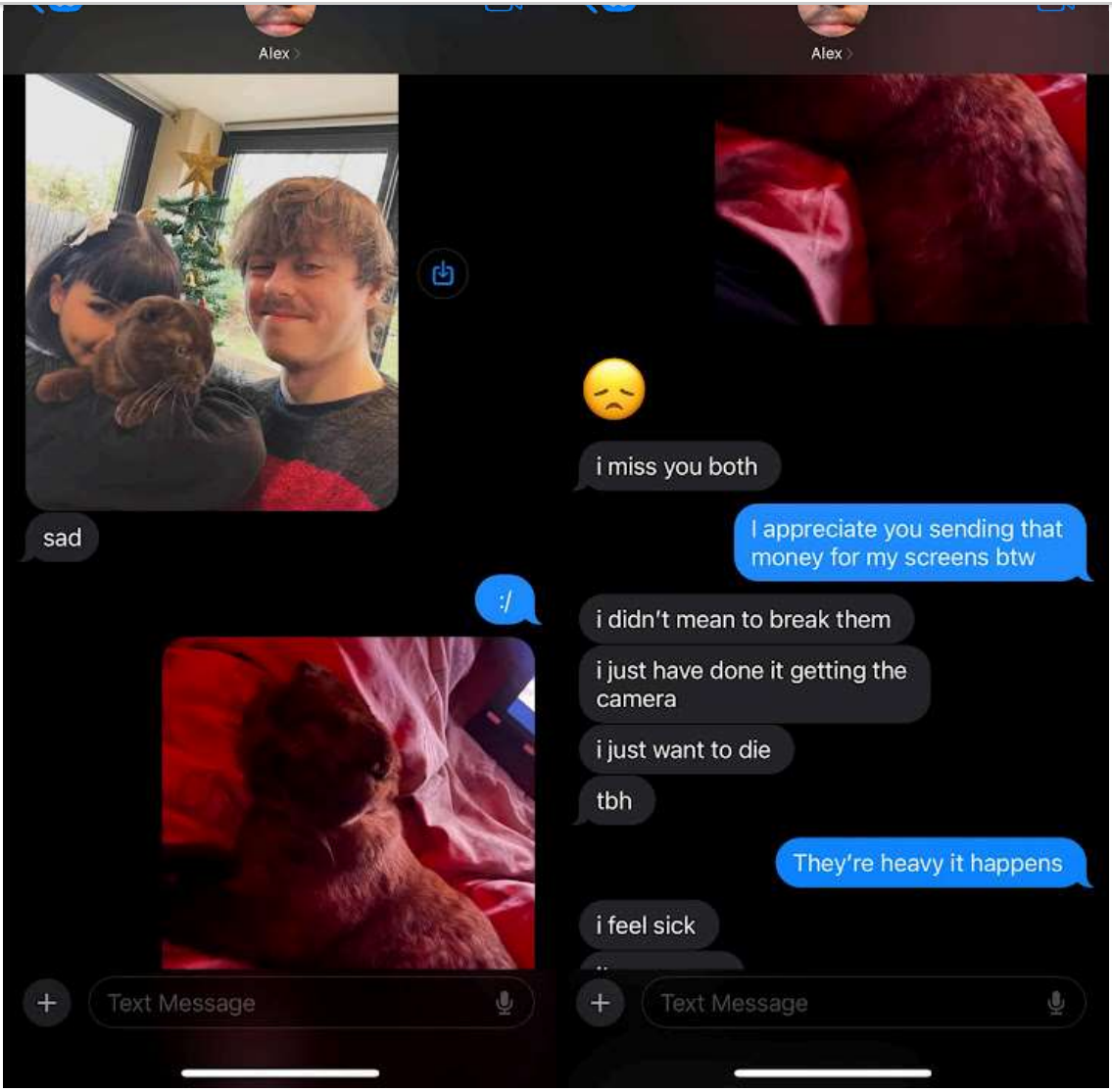
# Response - Read First

complication with my cat, I just had him downstairs with me all the time. I dont want someone making fucked up jokes and threats to snap necks around my cat after being so aggressive with me.
He claims I have hid texts, but further up I have shown that whole conversation to clear that up as he did not once feel sad or explain he was sad and was being “hit” he said “tried” to hit and admits to me pushing him off.
And no i did not try to hit him that was me pushing him off, this is just proof his lies keep changing and his story is fabricated.
These texts are just days after i left.

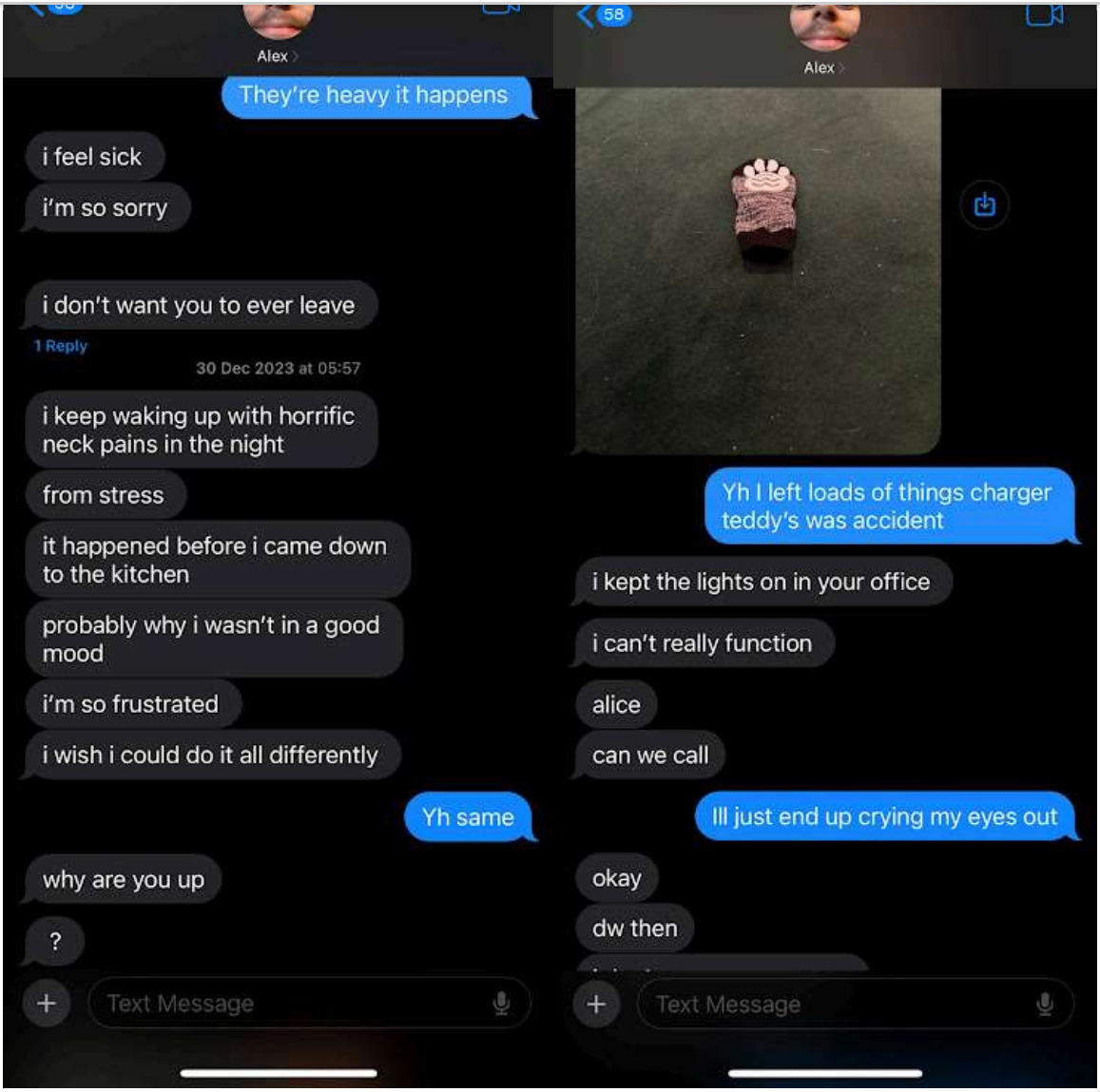
# Response - Read First


Alex
and i can't figure out a way to fix it
every time i go in the kitchen i expect bear to behind me
okay
you don't want to talk to me
i get it
goodnight
sorry for everything
i'm a fuck up
I'm not feeling at home rn either I'm going through the same thing
Idk what to do
I have no brain
Rn
I just wanna cry
I need to process things
Bear has just been sleeping on me constantly
Text Message
Alex
I just wanna cry
I need to process things
Bear has just been sleeping on me constantly
i cooked all the paella into one
and i'm eating it and crying
I haven't eaten since Thursday
eat please
unfollowed six beans
Can't rn just gag at the thought
Don't do that
Six beans did nothing wrong
can't look at any cats
Text Message

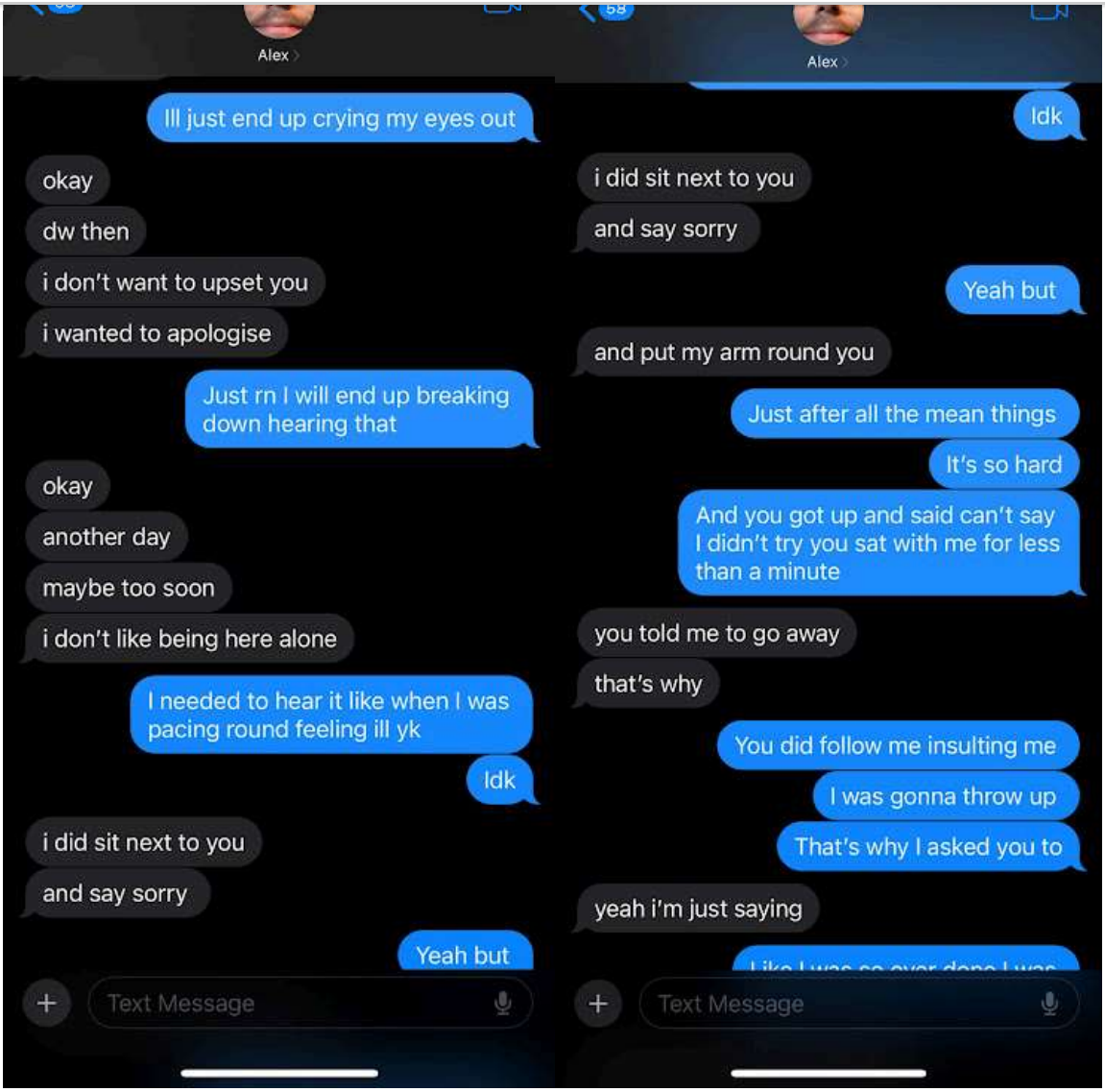
# Response - Read First



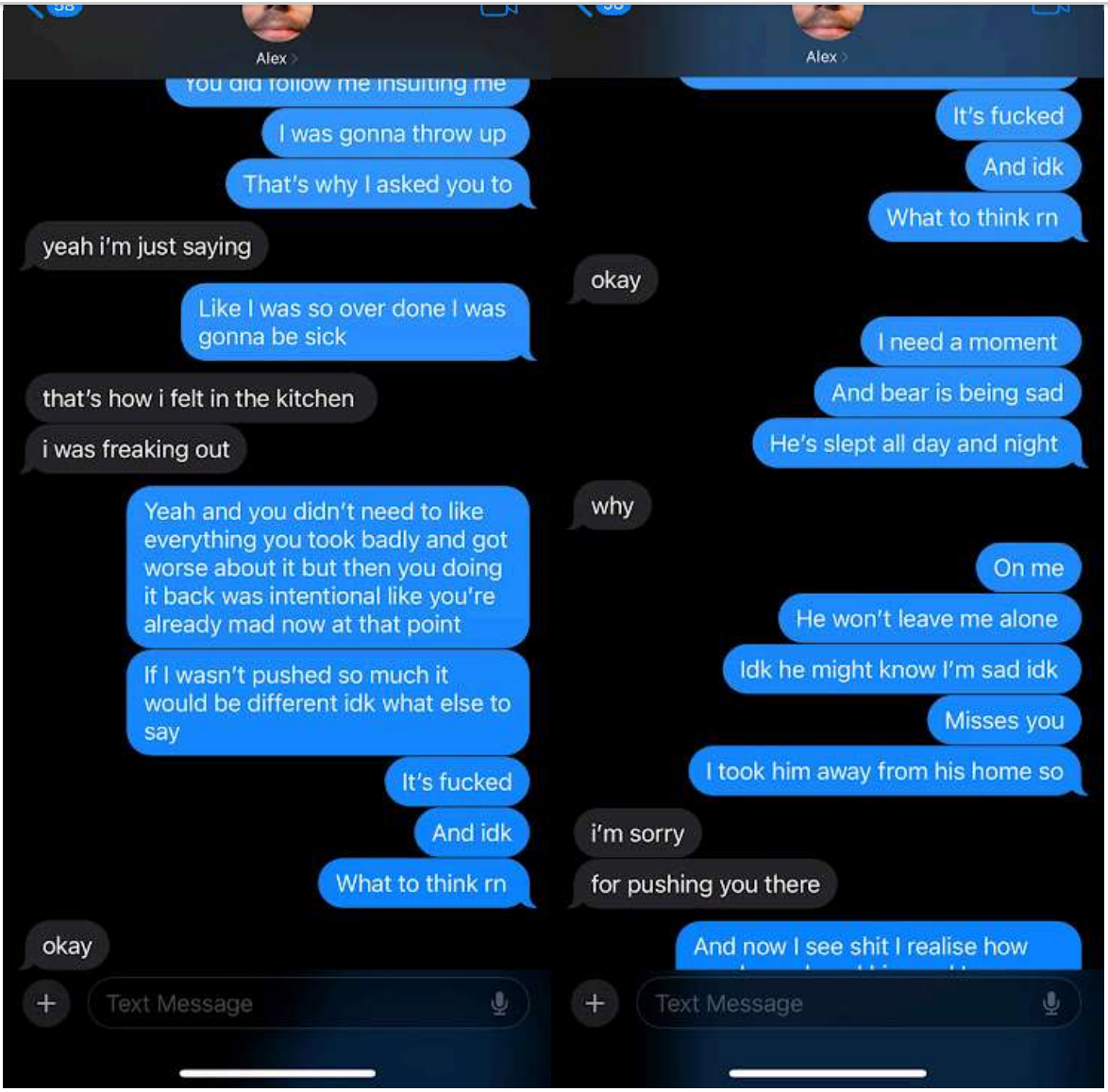
# Response - Read First


Alex
They're heavy it happens
i feel sick
i'm so sorry
i don't want you to ever leave
1 Reply
30 Dec 2023 at 05:57
i keep waking up with horrific neck pains in the night
from stress
it happened before i came down to the kitchen
probably why i wasn't in a good mood
i'm so frustrated
i wish i could do it all differently
Yh same
why are you up
?
Text Message
58
Alex
Yh I left loads of things charger teddy's was accident
i kept the lights on in your office
i can't really function
alice
can we call
Ill just end up crying my eyes out
okay
dw then
Text Message

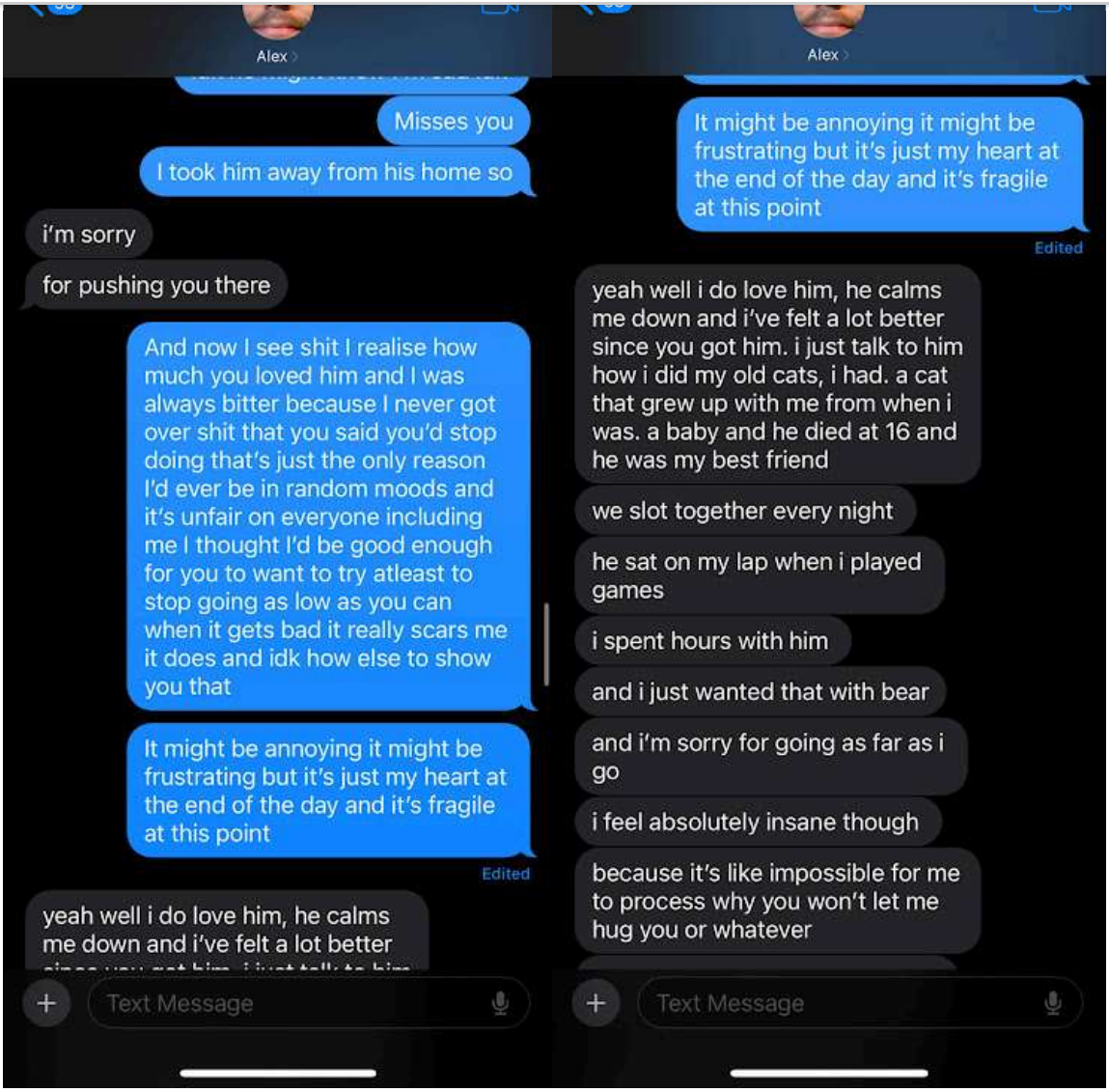
# Response - Read First


Alex
Ill just end up crying my eyes out
okay
dw then
i don't want to upset you
i wanted to apologise
Just rn I will end up breaking down hearing that
okay
another day
maybe too soon
i don't like being here alone
I needed to hear it like when I was pacing round feeling ill yk
Idk
i did sit next to you
and say sorry
Yeah but
Text Message
Alex
Idk
i did sit next to you
and say sorry
Yeah but
and put my arm round you
Just after all the mean things
It's so hard
And you got up and said can't say I didn't try you sat with me for less than a minute
you told me to go away
that's why
You did follow me insulting me
I was gonna throw up
That's why I asked you to
yeah i'm just saying
Text Message

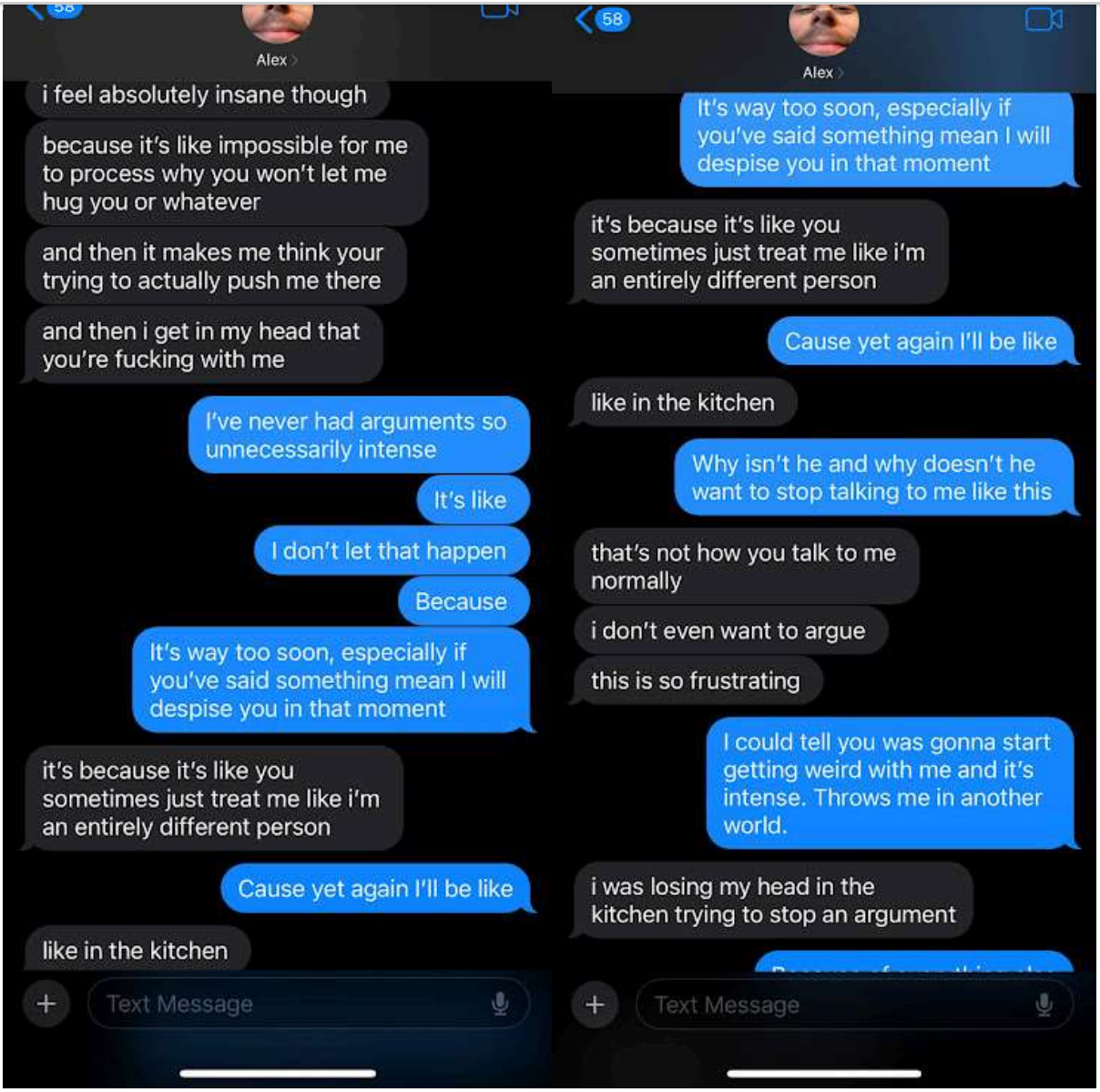
# Response - Read First


Alex
you did follow me insulting me
I was gonna throw up
That's why I asked you to
yeah i'm just saying
Like I was so over done I was gonna be sick
that's how i felt in the kitchen
i was freaking out
Yeah and you didn't need to like everything you took badly and got worse about it but then you doing it back was intentional like you're already mad now at that point
If I wasn't pushed so much it would be different idk what else to say
It's fucked
And idk
What to think rn
okay
Text Message
Alex
It's fucked
And idk
What to think rn
okay
I need a moment
And bear is being sad
He's slept all day and night
why
On me
He won't leave me alone
Idk he might know I'm sad idk
Misses you
I took him away from his home so
i'm sorry
for pushing you there
And now I see shit I realise how
Text Message

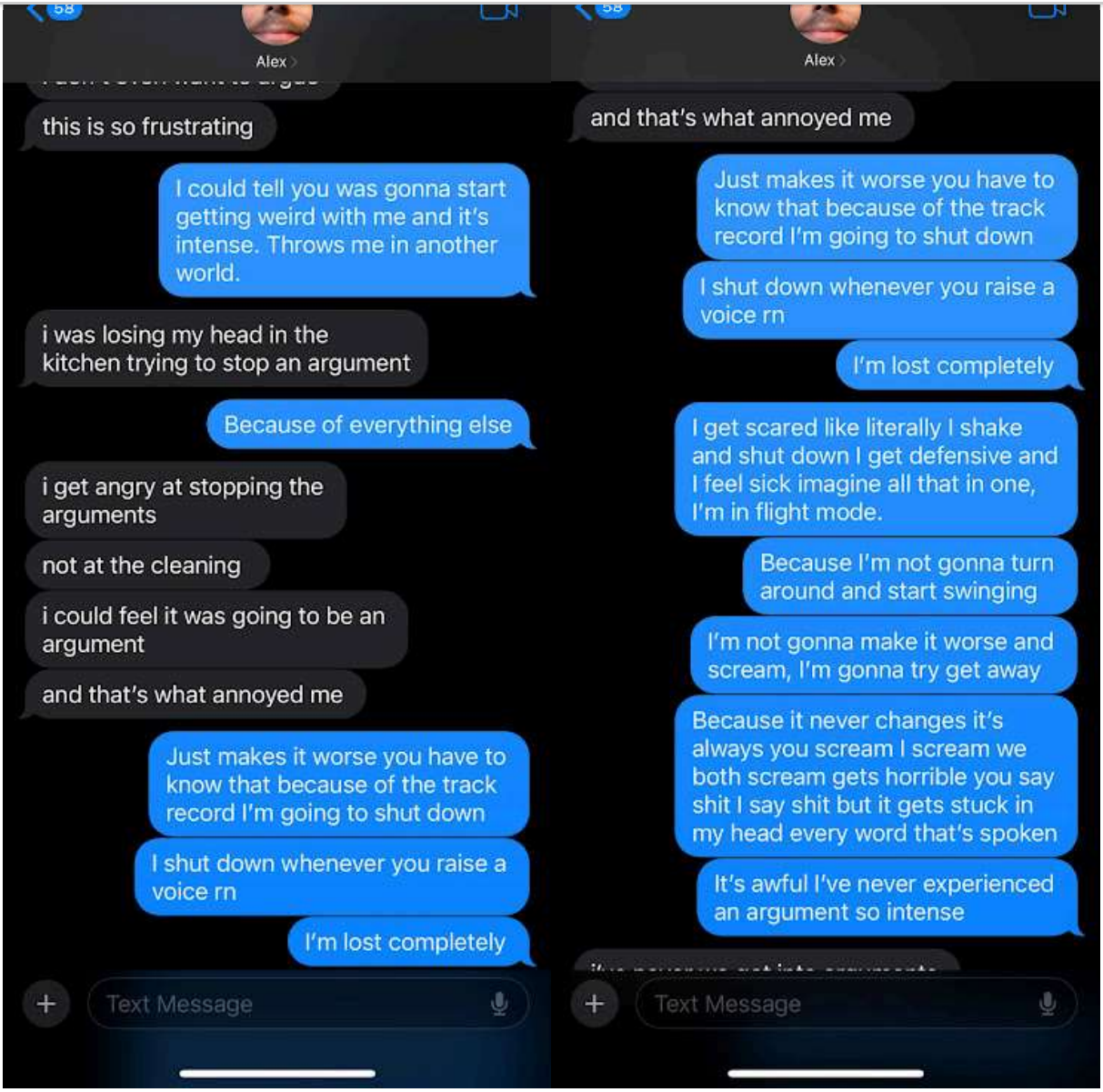
# Response - Read First


Alex
Misses you
I took him away from his home so
i'm sorry
for pushing you there
And now I see shit I realise how much you loved him and I was always bitter because I never got over shit that you said you'd stop doing that's just the only reason I'd ever be in random moods and it's unfair on everyone including me I thought I'd be good enough for you to want to try atleast to stop going as low as you can when it gets bad it really scars me it does and idk how else to show you that
It might be annoying it might be frustrating but it's just my heart at the end of the day and it's fragile at this point
Edited
yeah well i do love him, he calms me down and i've felt a lot better
Text Message
Alex
It might be annoying it might be frustrating but it's just my heart at the end of the day and it's fragile at this point
Edited
yeah well i do love him, he calms me down and i've felt a lot better since you got him. i just talk to him how i did my old cats, i had. a cat that grew up with me from when i was. a baby and he died at 16 and he was my best friend
we slot together every night
he sat on my lap when i played games
i spent hours with him
and i just wanted that with bear
and i'm sorry for going as far as i go
i feel absolutely insane though
because it's like impossible for me to process why you won't let me hug you or whatever
Text Message

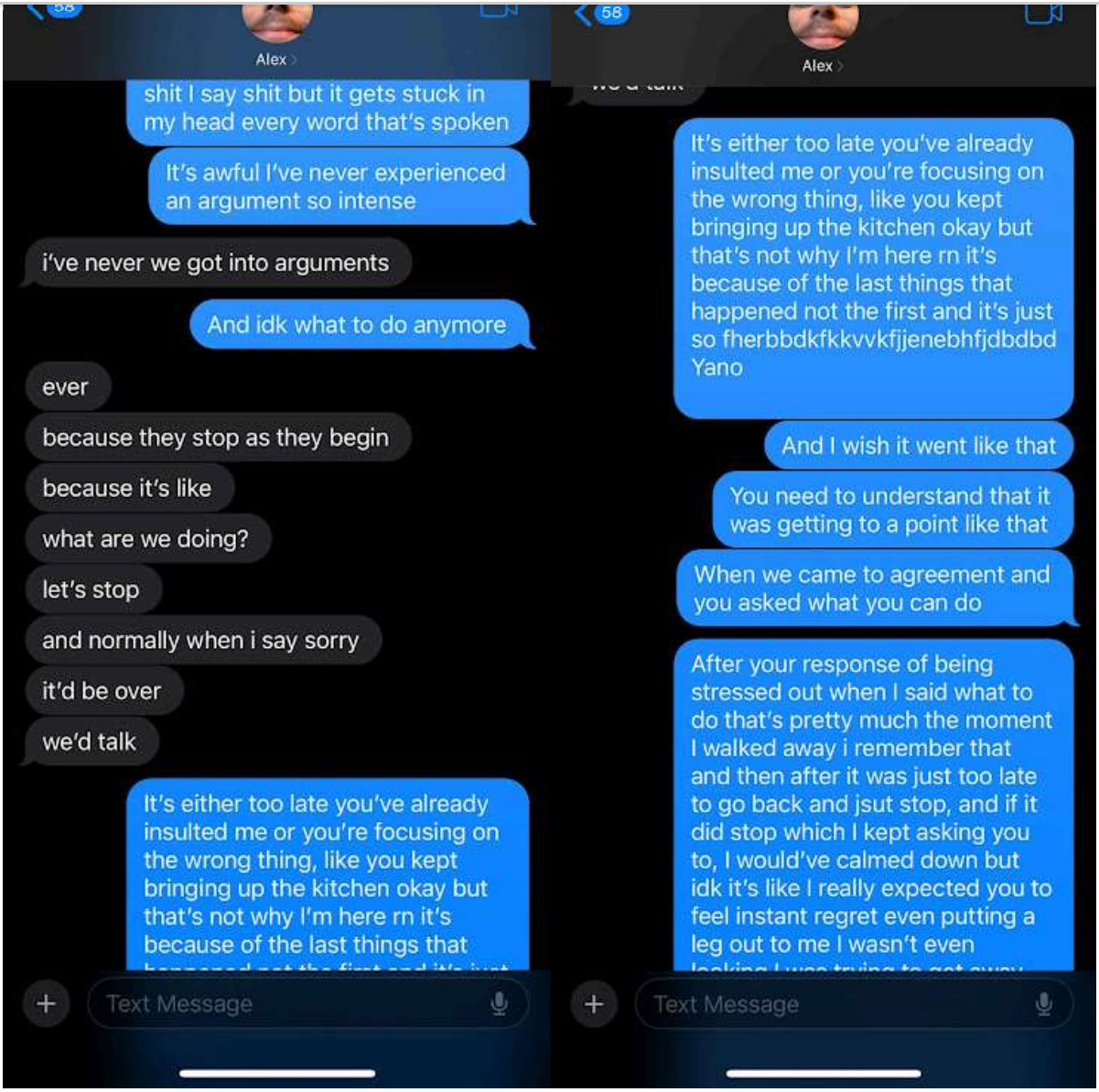
# Response - Read First


Alex
i feel absolutely insane though
because it's like impossible for me to process why you won't let me hug you or whatever
and then it makes me think your trying to actually push me there
and then i get in my head that you're fucking with me
I've never had arguments so unnecessarily intense
It's like
I don't let that happen
Because
It's way too soon, especially if you've said something mean I will despise you in that moment
it's because it's like you sometimes just treat me like i'm an entirely different person
Cause yet again I'll be like
like in the kitchen
Text Message
58
Alex
It's way too soon, especially if you've said something mean I will despise you in that moment
it's because it's like you sometimes just treat me like i'm an entirely different person
Cause yet again I'll be like
like in the kitchen
Why isn't he and why doesn't he want to stop talking to me like this
that's not how you talk to me normally
i don't even want to argue
this is so frustrating
I could tell you was gonna start getting weird with me and it's intense. Throws me in another world.
i was losing my head in the kitchen trying to stop an argument
Text Message

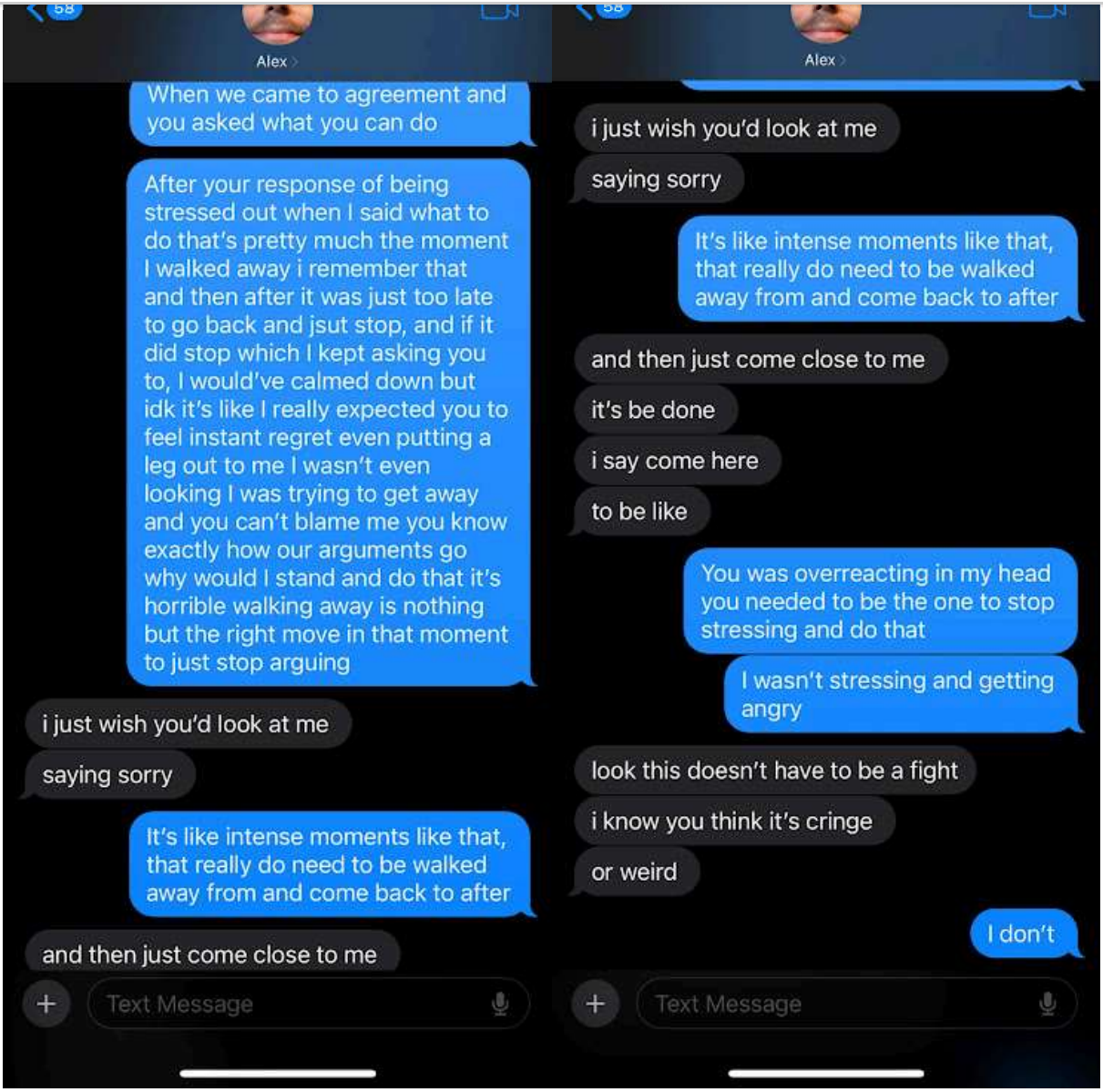
# Response - Read First


Alex
this is so frustrating
I could tell you was gonna start getting weird with me and it's intense. Throws me in another world.
i was losing my head in the kitchen trying to stop an argument
Because of everything else
i get angry at stopping the arguments
not at the cleaning
i could feel it was going to be an argument
and that's what annoyed me
Just makes it worse you have to know that because of the track record I'm going to shut down
I shut down whenever you raise a voice rn
I'm lost completely
Text Message
Alex
and that's what annoyed me
Just makes it worse you have to know that because of the track record I'm going to shut down
I shut down whenever you raise a voice rn
I'm lost completely
I get scared like literally I shake and shut down I get defensive and I feel sick imagine all that in one, I'm in flight mode.
Because I'm not gonna turn around and start swinging
I'm not gonna make it worse and scream, I'm gonna try get away
Because it never changes it's always you scream I scream we both scream gets horrible you say shit I say shit but it gets stuck in my head every word that's spoken
It's awful I've never experienced an argument so intense
Text Message

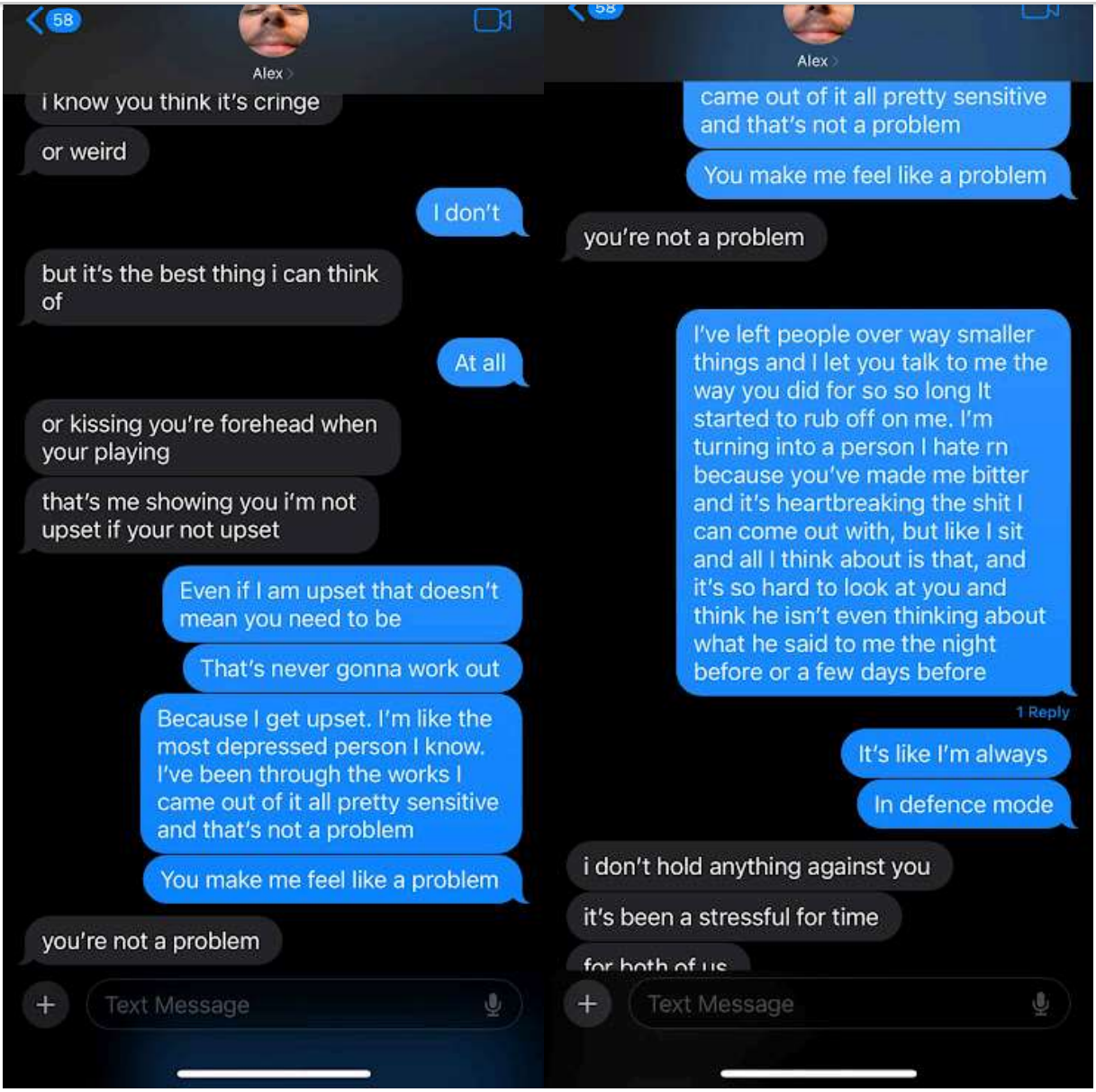
# Response - Read First


Alex
shit I say shit but it gets stuck in my head every word that's spoken
It's awful I've never experienced an argument so intense
i've never we got into arguments
And idk what to do anymore
ever
because they stop as they begin
because it's like
what are we doing?
let's stop
and normally when i say sorry
it'd be over
we'd talk
It's either too late you've already insulted me or you're focusing on the wrong thing, like you kept bringing up the kitchen okay but that's not why I'm here rn it's because of the last things that
Text Message
58
Alex
It's either too late you've already insulted me or you're focusing on the wrong thing, like you kept bringing up the kitchen okay but that's not why I'm here rn it's because of the last things that happened not the first and it's just so fherbbdkfkkvvkfjjenebhfjdbdbd Yano
And I wish it went like that
You need to understand that it was getting to a point like that
When we came to agreement and you asked what you can do
After your response of being stressed out when I said what to do that's pretty much the moment I walked away i remember that and then after it was just too late to go back and jsut stop, and if it did stop which I kept asking you to, I would've calmed down but idk it's like I really expected you to feel instant regret even putting a leg out to me I wasn't even
Text Message

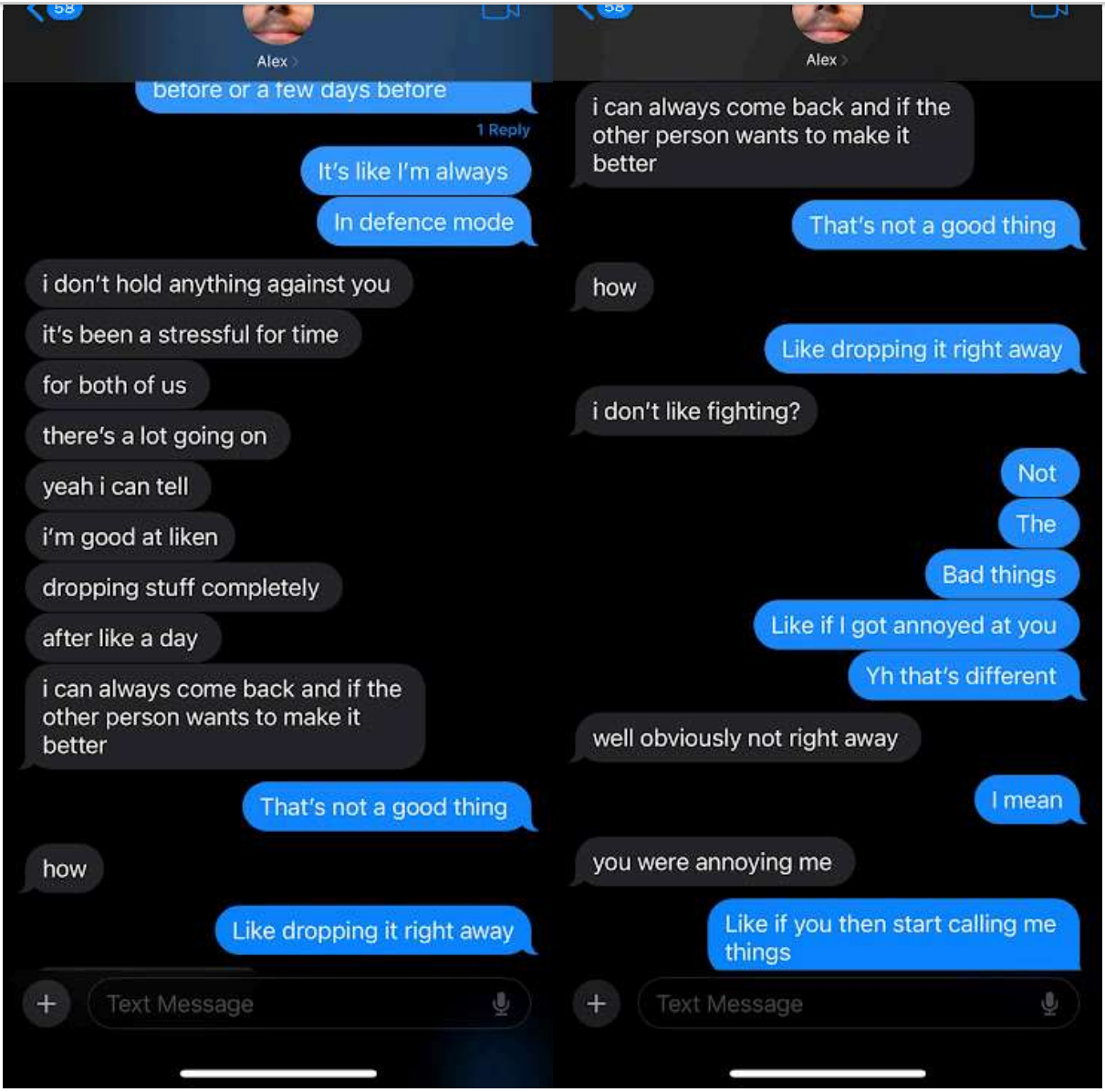
# Response - Read First


Alex
When we came to agreement and you asked what you can do
After your response of being stressed out when I said what to do that's pretty much the moment I walked away i remember that and then after it was just too late to go back and jsut stop, and if it did stop which I kept asking you to, I would've calmed down but idk it's like I really expected you to feel instant regret even putting a leg out to me I wasn't even looking I was trying to get away and you can't blame me you know exactly how our arguments go why would I stand and do that it's horrible walking away is nothing but the right move in that moment to just stop arguing
i just wish you'd look at me
saying sorry
It's like intense moments like that, that really do need to be walked away from and come back to after
and then just come close to me
Text Message
Alex
i just wish you'd look at me
saying sorry
It's like intense moments like that, that really do need to be walked away from and come back to after
and then just come close to me
it's be done
i say come here
to be like
You was overreacting in my head you needed to be the one to stop stressing and do that
I wasn't stressing and getting angry
look this doesn't have to be a fight
i know you think it's cringe
or weird
I don't
Text Message

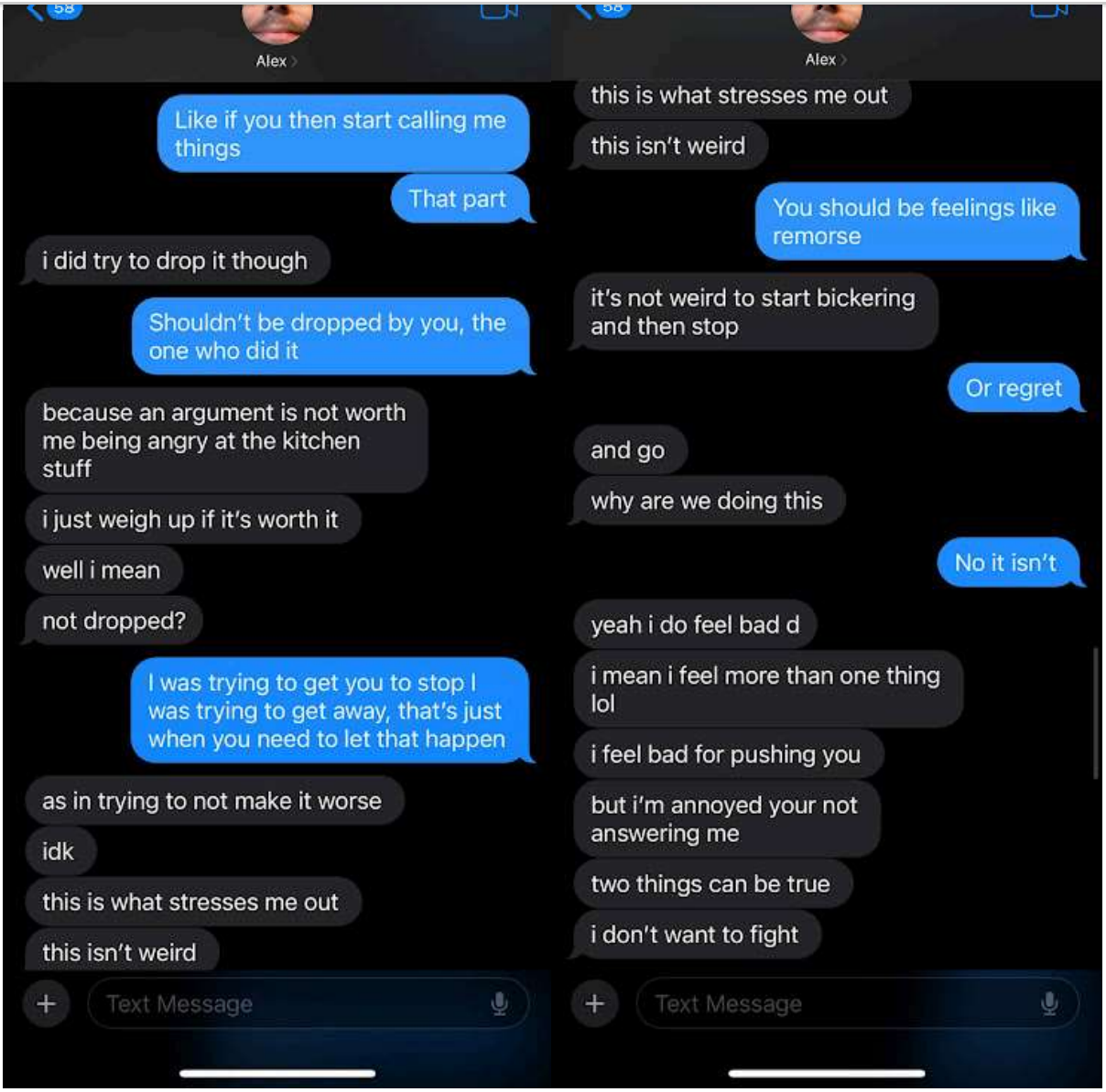
# Response - Read First


58
Alex
i know you think it's cringe
or weird
I don't
but it's the best thing i can think of
At all
or kissing you're forehead when your playing
that's me showing you i'm not upset if your not upset
Even if I am upset that doesn't mean you need to be
That's never gonna work out
Because I get upset. I'm like the most depressed person I know. I've been through the works I came out of it all pretty sensitive and that's not a problem
You make me feel like a problem
you're not a problem
Text Message
58
Alex
came out of it all pretty sensitive and that's not a problem
You make me feel like a problem
you're not a problem
I've left people over way smaller things and I let you talk to me the way you did for so so long It started to rub off on me. I'm turning into a person I hate rn because you've made me bitter and it's heartbreaking the shit I can come out with, but like I sit and all I think about is that, and it's so hard to look at you and think he isn't even thinking about what he said to me the night before or a few days before
1 Reply
It's like I'm always
In defence mode
i don't hold anything against you
it's been a stressful for time
for both of us
Text Message

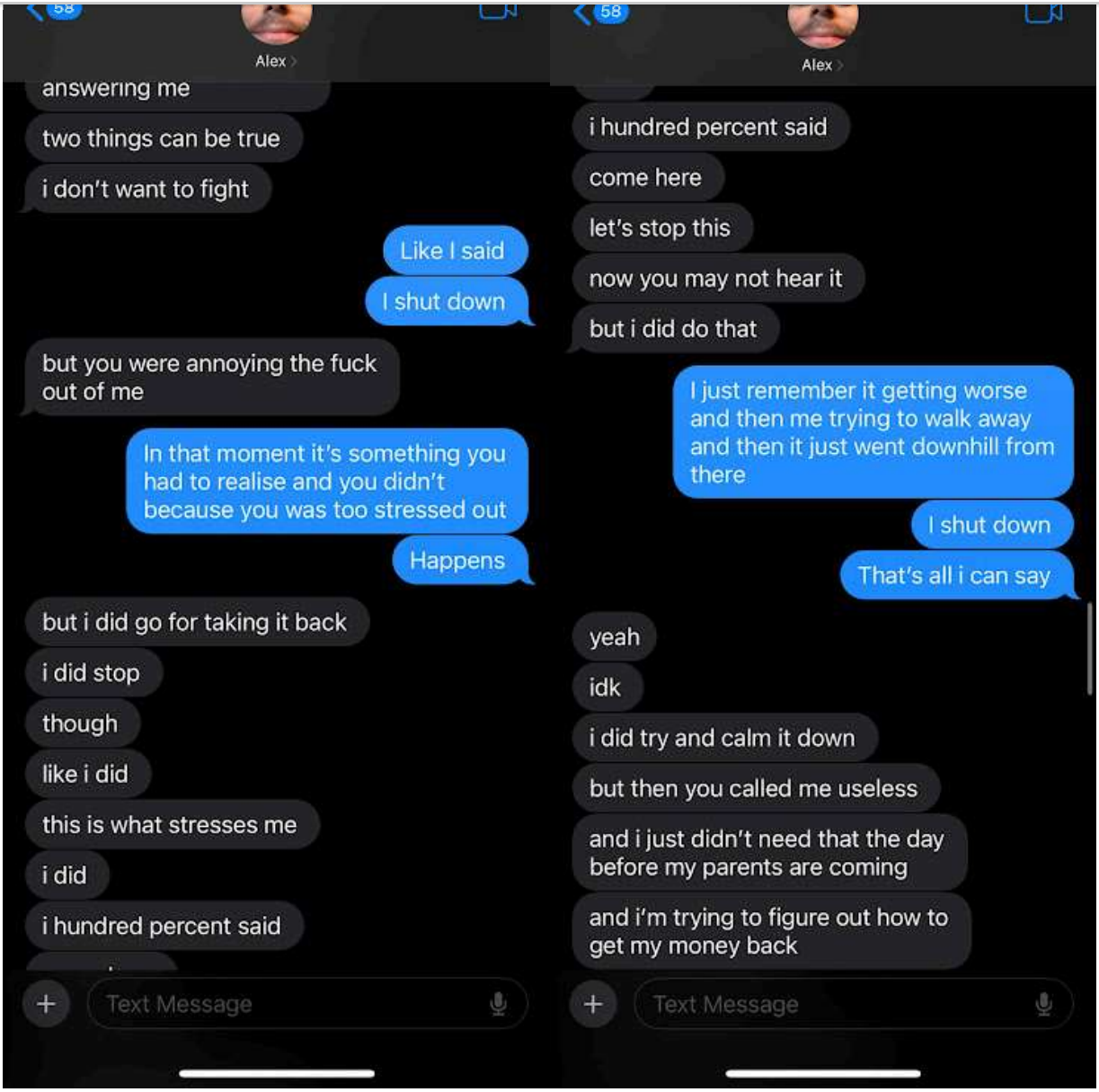
# Response - Read First


Alex
before or a few days before
1 Reply
It's like I'm always
In defence mode
i don't hold anything against you
it's been a stressful for time
for both of us
there's a lot going on
yeah i can tell
i'm good at liken
dropping stuff completely
after like a day
i can always come back and if the other person wants to make it better
That's not a good thing
how
Like dropping it right away
Text Message
Alex
i can always come back and if the other person wants to make it better
That's not a good thing
how
Like dropping it right away
i don't like fighting?
Not
The
Bad things
Like if I got annoyed at you
Yh that's different
well obviously not right away
I mean
you were annoying me
Like if you then start calling me things
Text Message

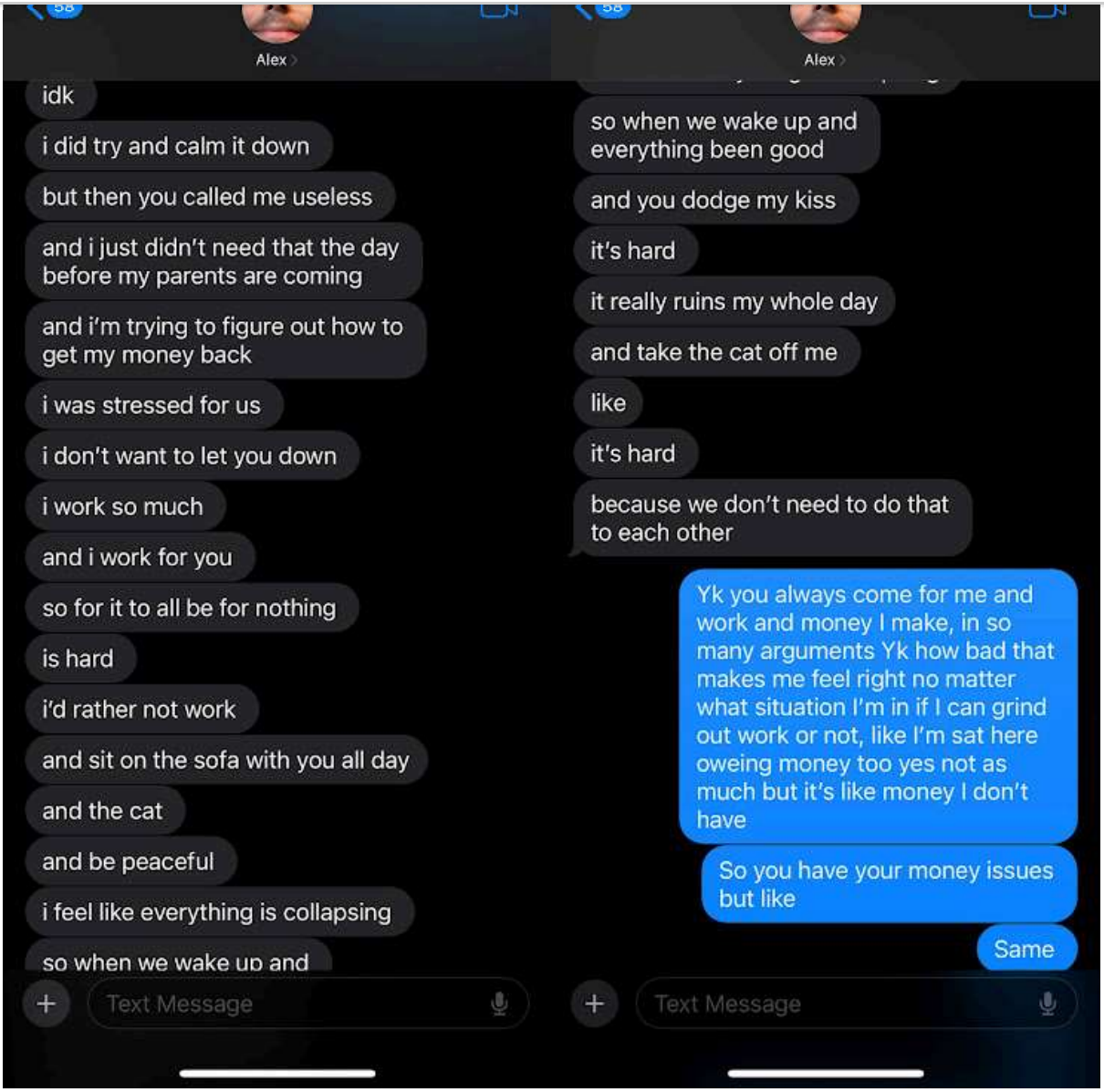
# Response - Read First


Alex
Like if you then start calling me things
That part
i did try to drop it though
Shouldn't be dropped by you, the one who did it
because an argument is not worth me being angry at the kitchen stuff
i just weigh up if it's worth it
well i mean
not dropped?
I was trying to get you to stop I was trying to get away, that's just when you need to let that happen
as in trying to not make it worse
idk
this is what stresses me out
this isn't weird
Text Message
Alex
this is what stresses me out
this isn't weird
You should be feelings like remorse
it's not weird to start bickering and then stop
Or regret
and go
why are we doing this
No it isn't
yeah i do feel bad d
i mean i feel more than one thing lol
i feel bad for pushing you
but i'm annoyed your not answering me
two things can be true
i don't want to fight
Text Message

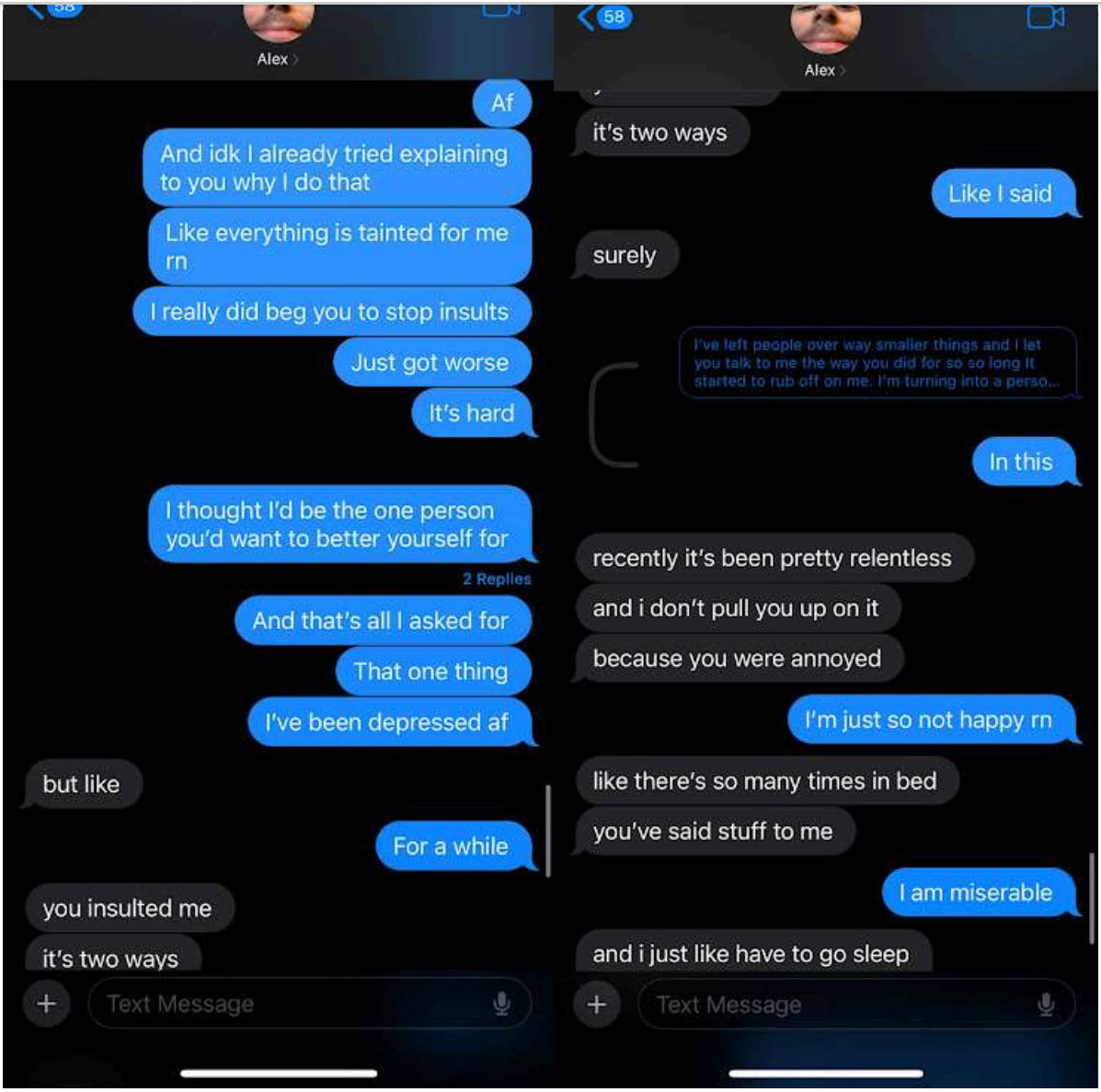
# Response - Read First


Alex
answering me
two things can be true
i don't want to fight
Like I said
I shut down
but you were annoying the fuck out of me
In that moment it's something you had to realise and you didn't because you was too stressed out
Happens
but i did go for taking it back
i did stop
though
like i did
this is what stresses me
i did
i hundred percent said
Text Message
Alex
i hundred percent said
come here
let's stop this
now you may not hear it
but i did do that
I just remember it getting worse and then me trying to walk away and then it just went downhill from there
I shut down
That's all i can say
yeah
idk
i did try and calm it down
but then you called me useless
and i just didn't need that the day before my parents are coming
and i'm trying to figure out how to get my money back
Text Message

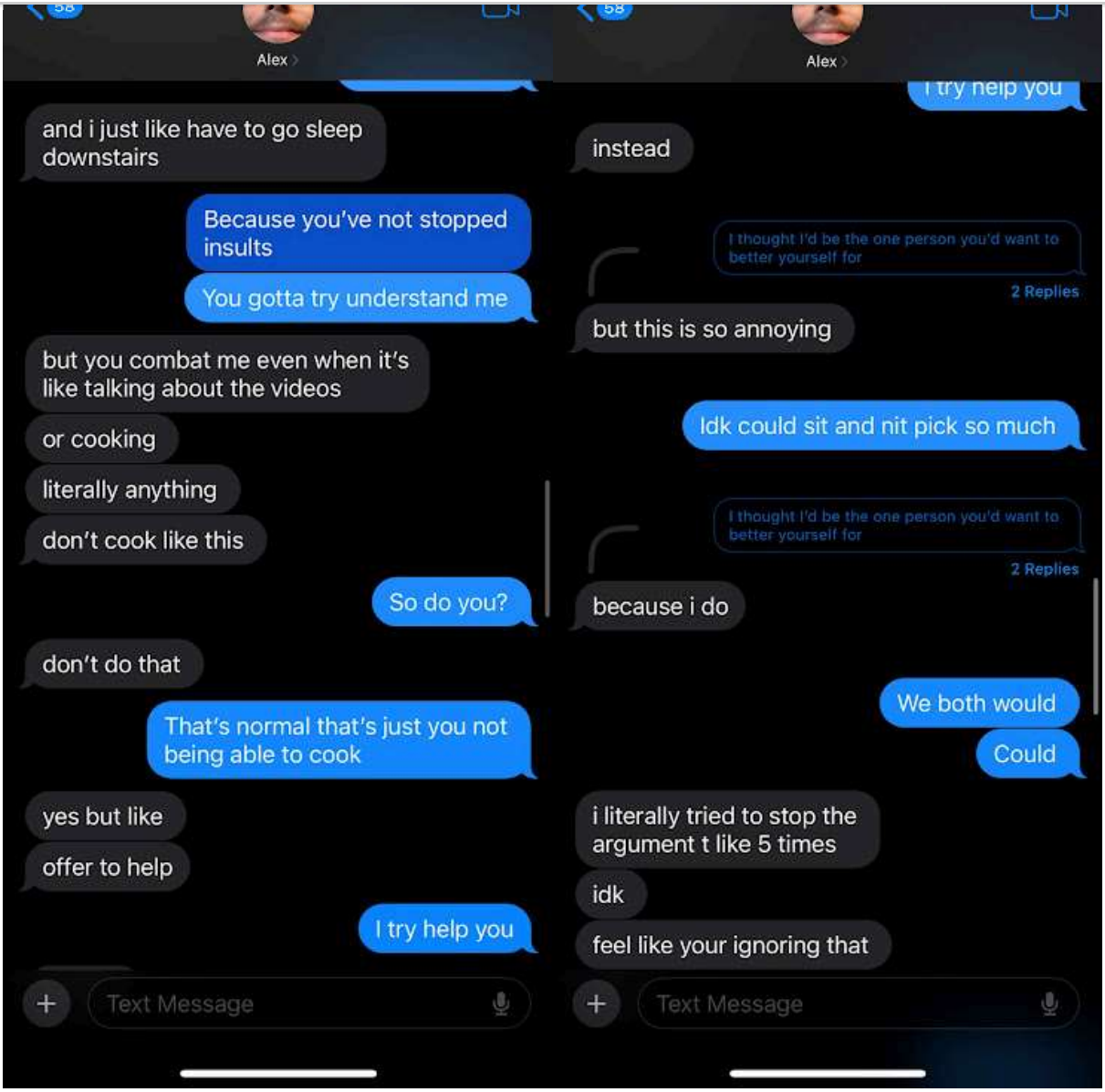
# Response - Read First


Alex
idk
i did try and calm it down
but then you called me useless
and i just didn't need that the day before my parents are coming
and i'm trying to figure out how to get my money back
i was stressed for us
i don't want to let you down
i work so much
and i work for you
so for it to all be for nothing
is hard
i'd rather not work
and sit on the sofa with you all day
and the cat
and be peaceful
i feel like everything is collapsing
so when we wake up and
Text Message
Alex
so when we wake up and everything been good
and you dodge my kiss
it's hard
it really ruins my whole day
and take the cat off me
like
it's hard
because we don't need to do that to each other
Yk you always come for me and work and money I make, in so many arguments Yk how bad that makes me feel right no matter what situation I'm in if I can grind out work or not, like I'm sat here oweing money too yes not as much but it's like money I don't have
So you have your money issues but like
Same
Text Message

# Response - Read First

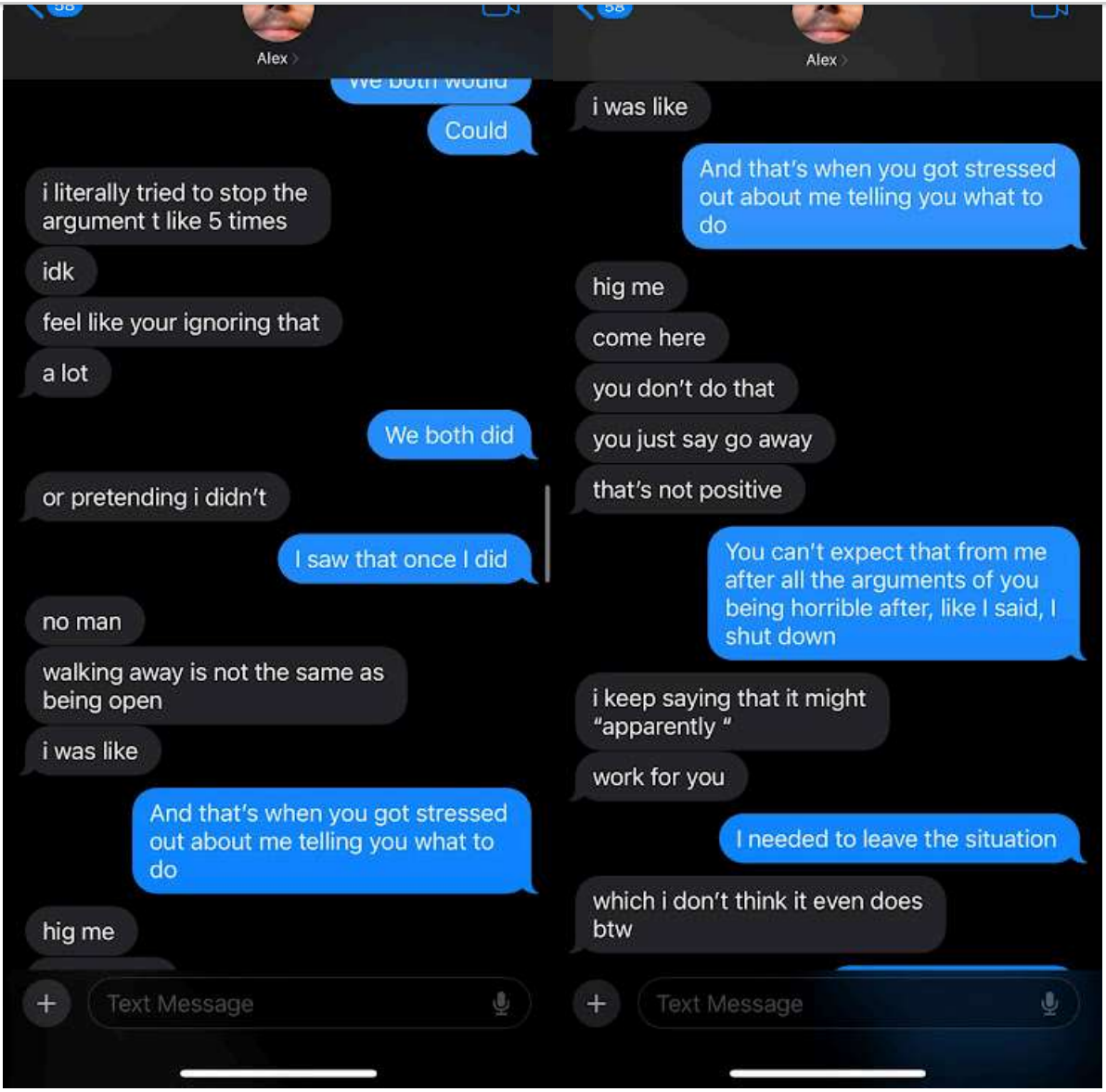

Alex
Af
And idk I already tried explaining to you why I do that
Like everything is tainted for me rn
I really did beg you to stop insults
Just got worse
It's hard
I thought I'd be the one person you'd want to better yourself for
2 Replies
And that's all I asked for
That one thing
I've been depressed af
but like
For a while
you insulted me
it's two ways
Text Message
58
Alex
it's two ways
Like I said
surely
I've left people over way smaller things and I let you talk to me the way you did for so so long It started to rub off on me. I'm turning into a perso...
In this
recently it's been pretty relentless
and i don't pull you up on it
because you were annoyed
I'm just so not happy rn
like there's so many times in bed
you've said stuff to me
I am miserable
and i just like have to go sleep
Text Message

# Response - Read First

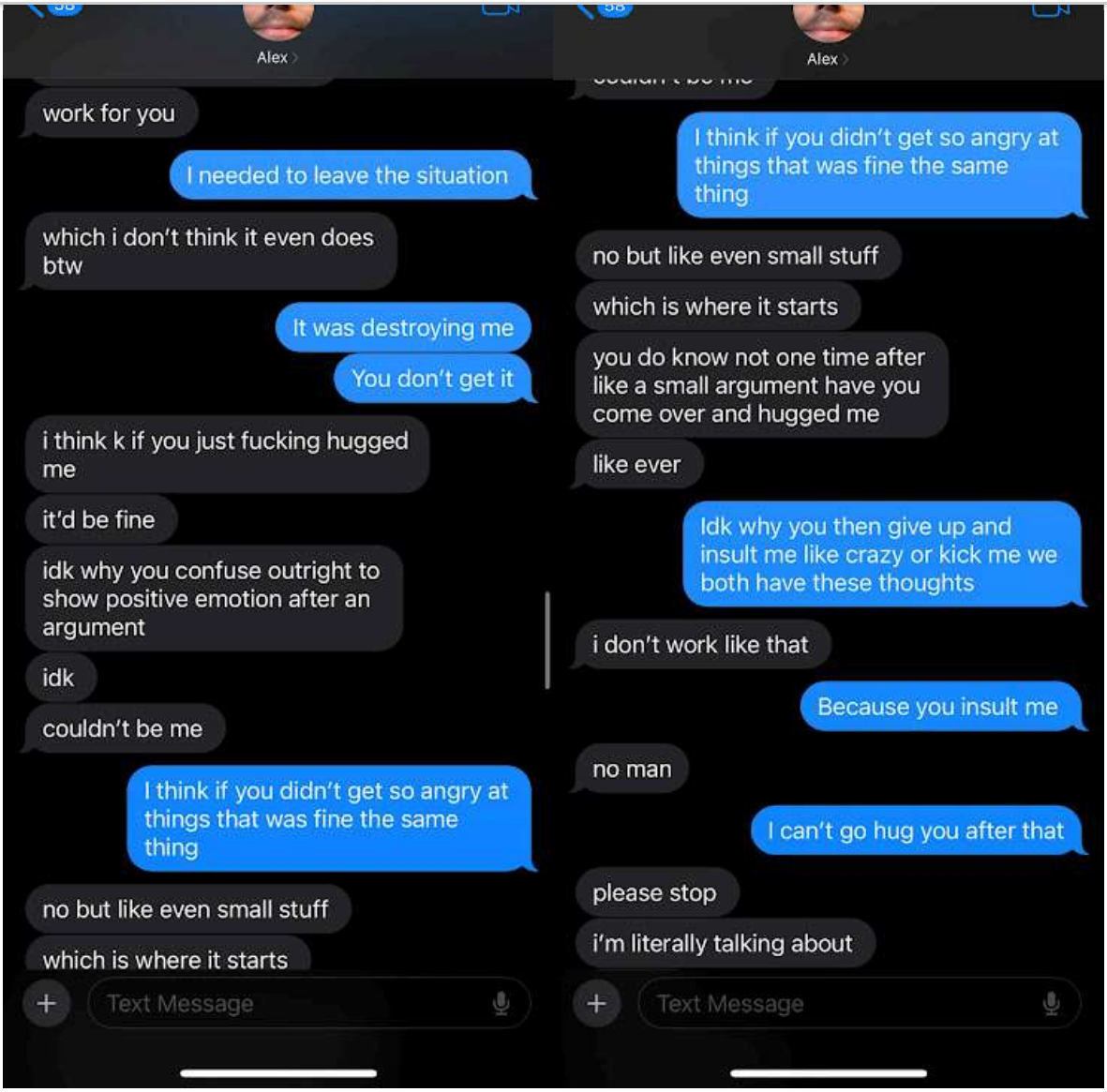

Alex
and i just like have to go sleep downstairs
Because you've not stopped insults
You gotta try understand me
but you combat me even when it's like talking about the videos
or cooking
literally anything
don't cook like this
So do you?
don't do that
That's normal that's just you not being able to cook
yes but like
offer to help
I try help you
Text Message
Alex
I try help you
instead
I thought I'd be the one person you'd want to better yourself for
2 Replies
but this is so annoying
Idk could sit and nit pick so much
I thought I'd be the one person you'd want to better yourself for
2 Replies
because i do
We both would
Could
i literally tried to stop the argument t like 5 times
idk
feel like your ignoring that
Text Message

Asking him to stop insulting me is asking him to stop **verbally abusing** me.

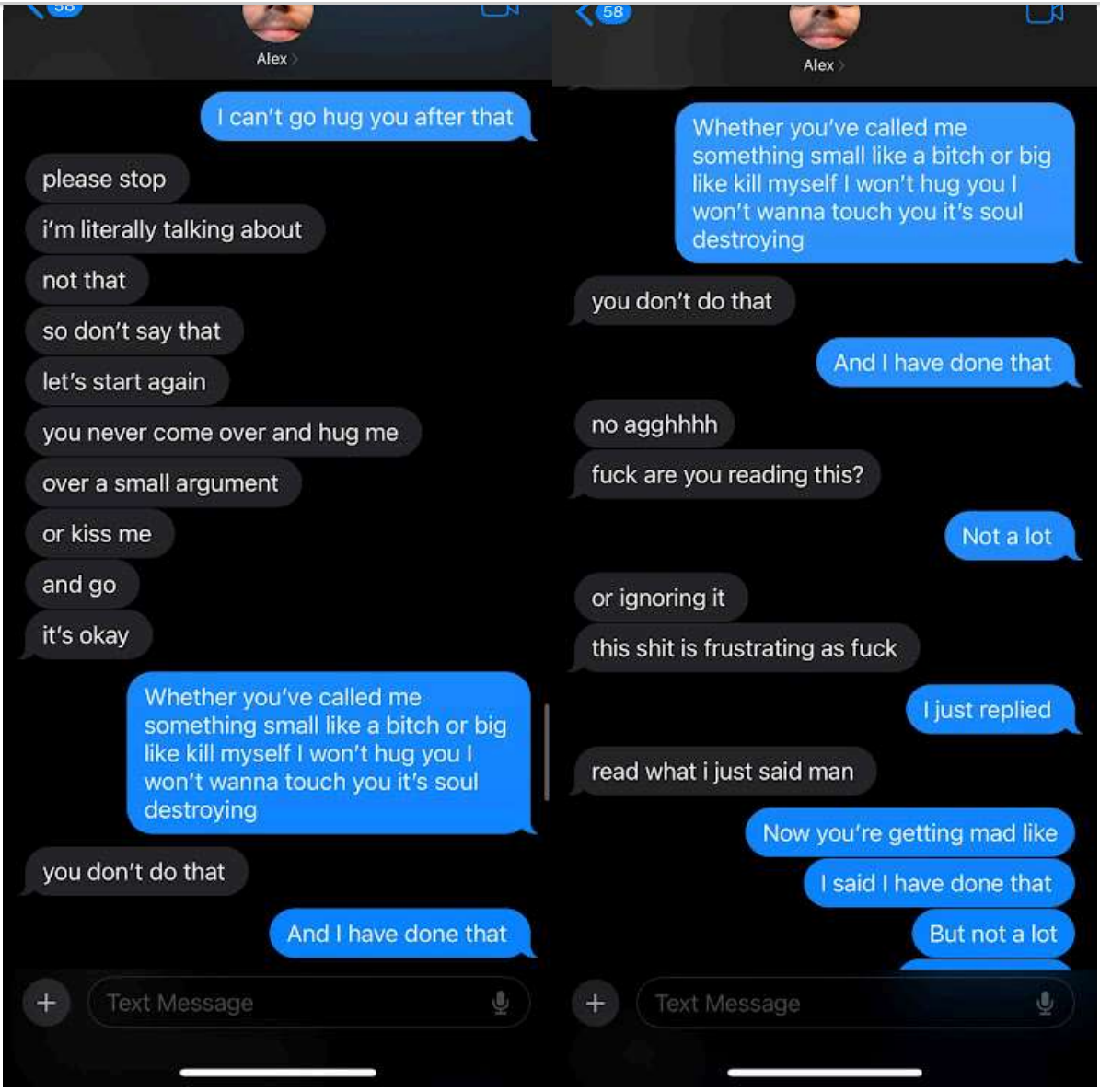
# Response - Read First


Alex
Could
i literally tried to stop the argument t like 5 times
idk
feel like your ignoring that
a lot
We both did
or pretending i didn't
I saw that once I did
no man
walking away is not the same as being open
i was like
And that's when you got stressed out about me telling you what to do
hig me
Text Message
Alex
i was like
And that's when you got stressed out about me telling you what to do
hig me
come here
you don't do that
you just say go away
that's not positive
You can't expect that from me after all the arguments of you being horrible after, like I said, I shut down
i keep saying that it might "apparently "
work for you
I needed to leave the situation
which i don't think it even does btw
Text Message

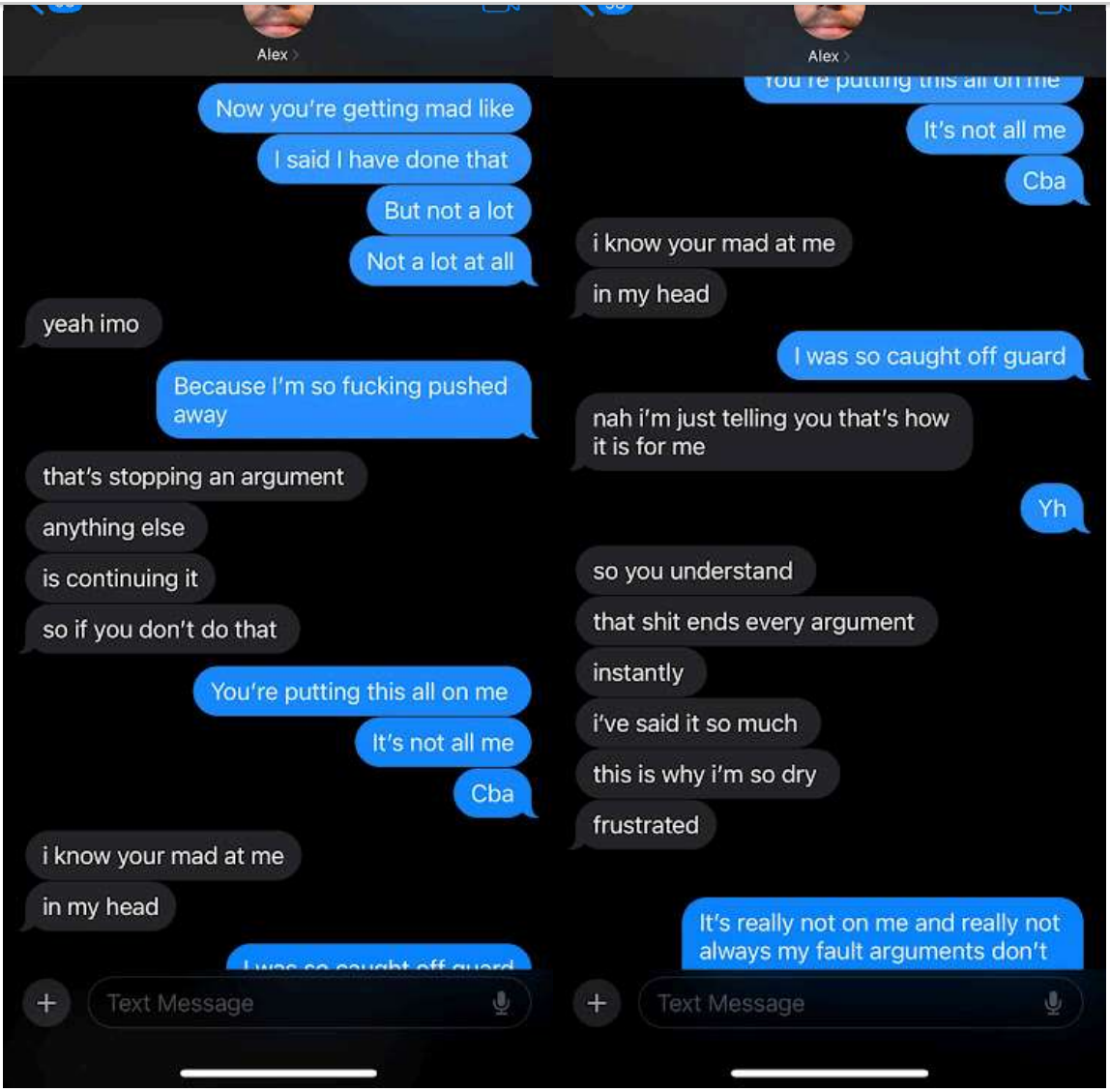
# Response - Read First


Alex
work for you
I needed to leave the situation
which i don't think it even does btw
It was destroying me
You don't get it
i think k if you just fucking hugged me
it'd be fine
idk why you confuse outright to show positive emotion after an argument
idk
couldn't be me
I think if you didn't get so angry at things that was fine the same thing
no but like even small stuff
which is where it starts
Text Message
Alex
I think if you didn't get so angry at things that was fine the same thing
no but like even small stuff
which is where it starts
you do know not one time after like a small argument have you come over and hugged me
like ever
Idk why you then give up and insult me like crazy or kick me we both have these thoughts
i don't work like that
Because you insult me
no man
I can't go hug you after that
please stop
i'm literally talking about
Text Message

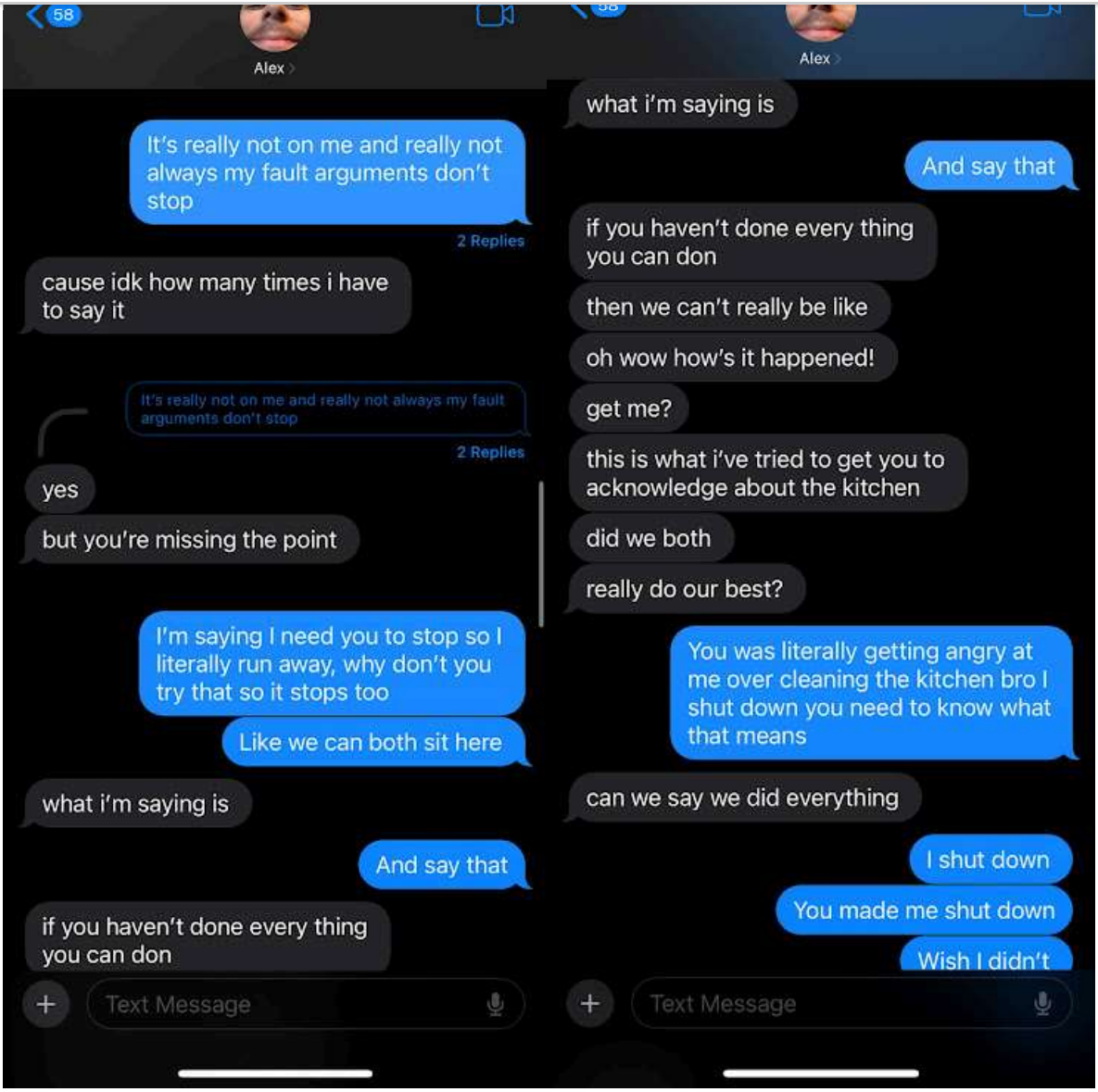
# Response - Read First


Alex
I can't go hug you after that
please stop
i'm literally talking about
not that
so don't say that
let's start again
you never come over and hug me
over a small argument
or kiss me
and go
it's okay
Whether you've called me something small like a bitch or big like kill myself I won't hug you I won't wanna touch you it's soul destroying
you don't do that
And I have done that
Text Message
Alex
Whether you've called me something small like a bitch or big like kill myself I won't hug you I won't wanna touch you it's soul destroying
you don't do that
And I have done that
no agghhhh
fuck are you reading this?
Not a lot
or ignoring it
this shit is frustrating as fuck
I just replied
read what i just said man
Now you're getting mad like
I said I have done that
But not a lot
Text Message

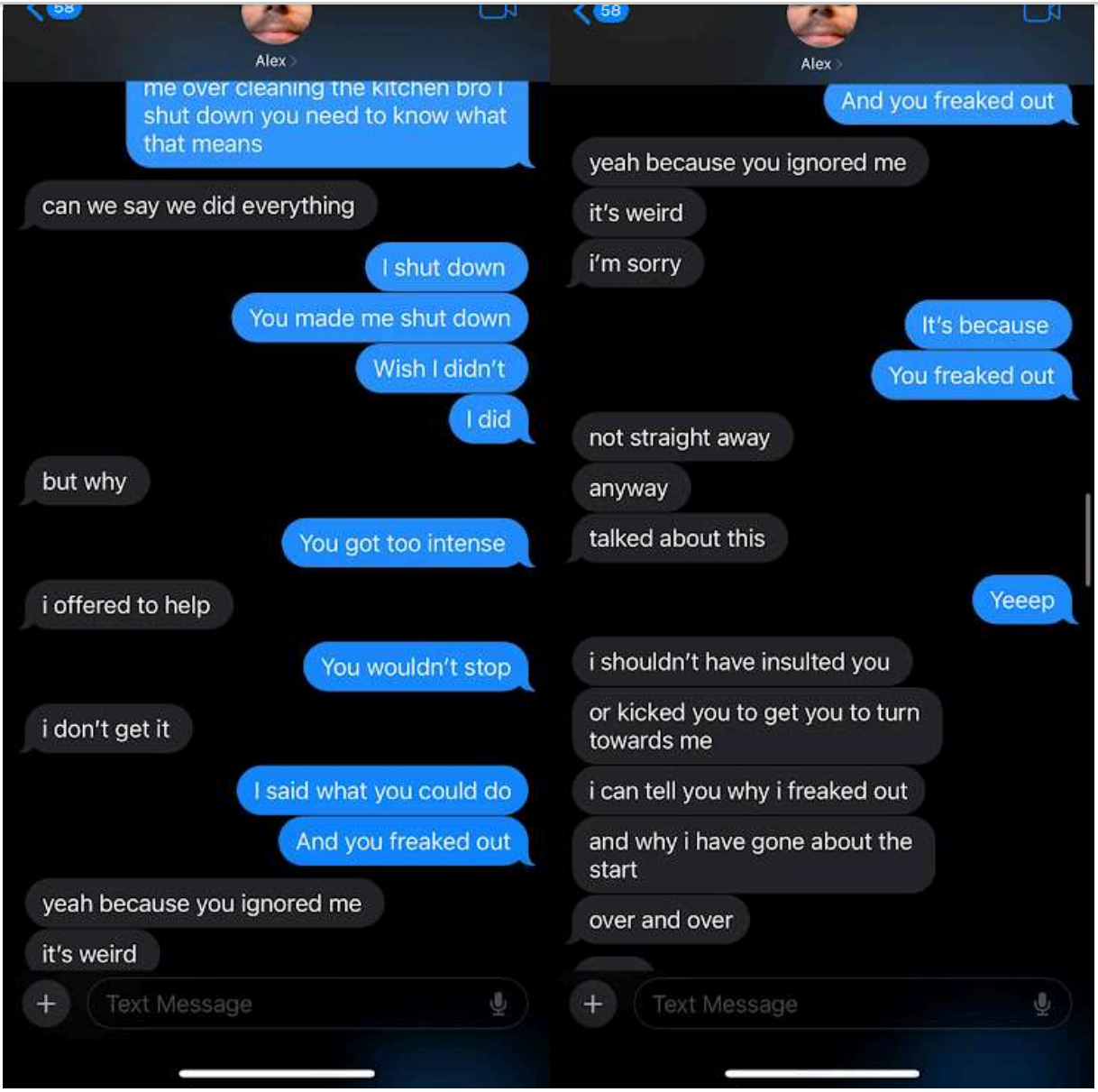
# Response - Read First


Alex
Now you're getting mad like
I said I have done that
But not a lot
Not a lot at all
yeah imo
Because I'm so fucking pushed away
that's stopping an argument
anything else
is continuing it
so if you don't do that
You're putting this all on me
It's not all me
Cba
i know your mad at me
in my head
Text Message
Alex
It's not all me
Cba
i know your mad at me
in my head
I was so caught off guard
nah i'm just telling you that's how it is for me
Yh
so you understand
that shit ends every argument
instantly
i've said it so much
this is why i'm so dry
frustrated
It's really not on me and really not always my fault arguments don't
Text Message

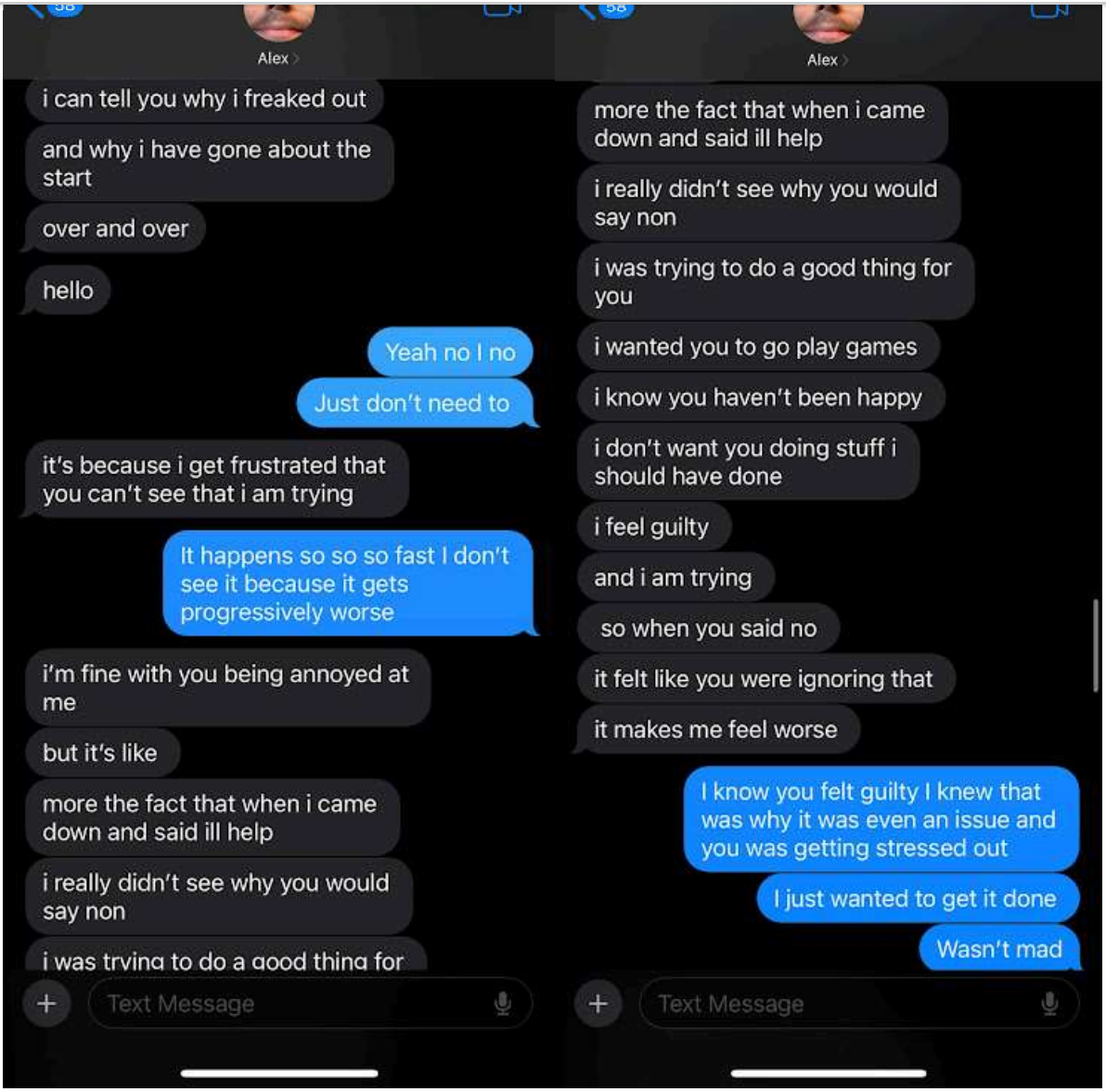
# Response - Read First


58
Alex
It's really not on me and really not always my fault arguments don't stop
2 Replies
cause idk how many times i have to say it
It's really not on me and really not always my fault arguments don't stop
2 Replies
yes
but you're missing the point
I'm saying I need you to stop so I literally run away, why don't you try that so it stops too
Like we can both sit here
what i'm saying is
And say that
if you haven't done every thing you can don
Text Message
Alex
what i'm saying is
And say that
if you haven't done every thing you can don
then we can't really be like
oh wow how's it happened!
get me?
this is what i've tried to get you to acknowledge about the kitchen
did we both
really do our best?
You was literally getting angry at me over cleaning the kitchen bro I shut down you need to know what that means
can we say we did everything
I shut down
You made me shut down
Wish I didn't
Text Message

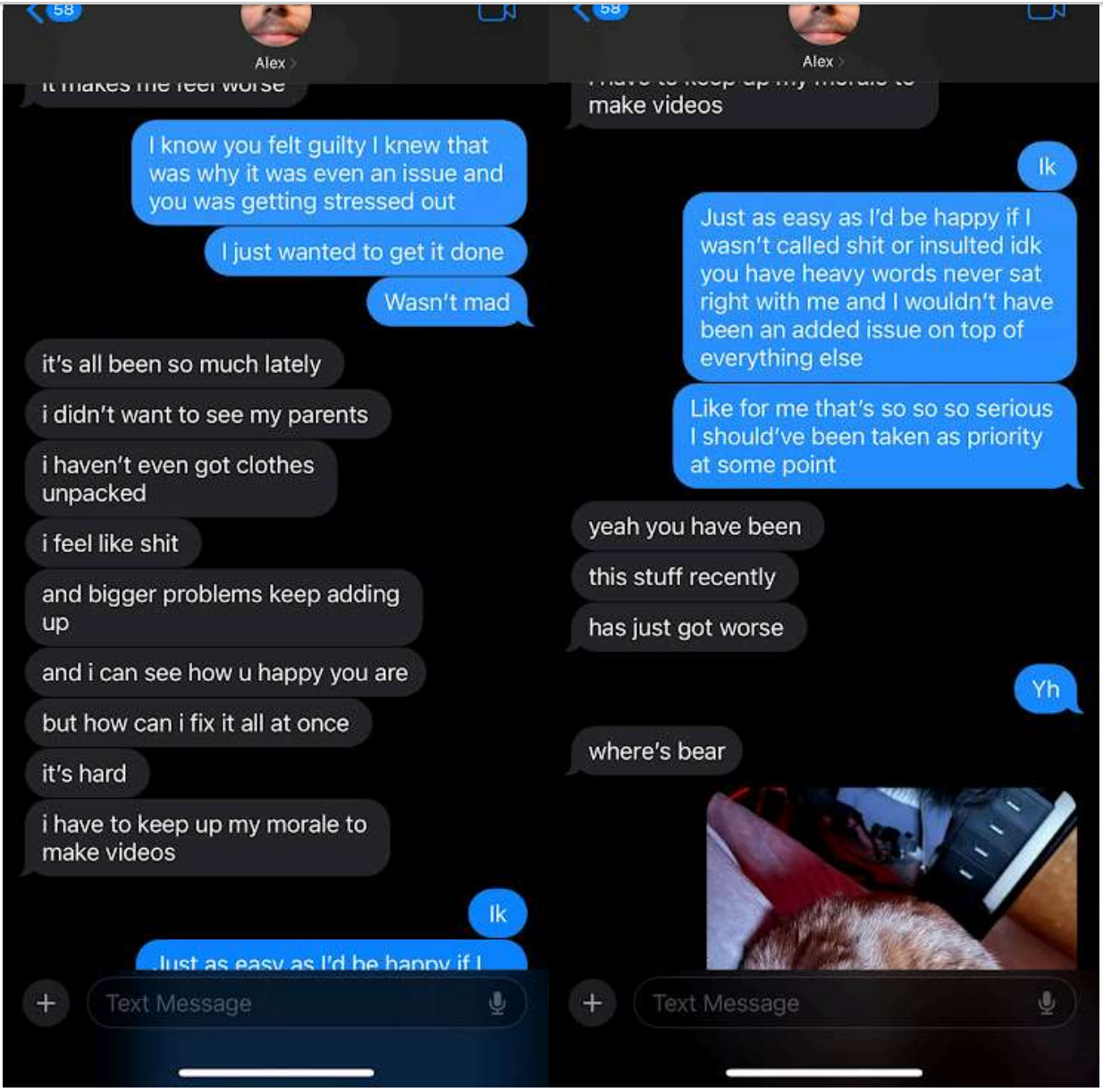
# Response - Read First


Alex
me over cleaning the kitchen bro I shut down you need to know what that means
can we say we did everything
I shut down
You made me shut down
Wish I didn't
I did
but why
You got too intense
i offered to help
You wouldn't stop
i don't get it
I said what you could do
And you freaked out
yeah because you ignored me
it's weird
Text Message
Alex
And you freaked out
yeah because you ignored me
it's weird
i'm sorry
It's because
You freaked out
not straight away
anyway
talked about this
Yeeep
i shouldn't have insulted you
or kicked you to get you to turn towards me
i can tell you why i freaked out
and why i have gone about the start
over and over
Text Message

# Response - Read First


Alex
i can tell you why i freaked out
and why i have gone about the start
over and over
hello
Yeah no I no
Just don't need to
it's because i get frustrated that you can't see that i am trying
It happens so so so fast I don't see it because it gets progressively worse
i'm fine with you being annoyed at me
but it's like
more the fact that when i came down and said ill help
i really didn't see why you would say non
i was trying to do a good thing for
Text Message
Alex
more the fact that when i came down and said ill help
i really didn't see why you would say non
i was trying to do a good thing for you
i wanted you to go play games
i know you haven't been happy
i don't want you doing stuff i should have done
i feel guilty
and i am trying
so when you said no
it felt like you were ignoring that
it makes me feel worse
I know you felt guilty I knew that was why it was even an issue and you was getting stressed out
I just wanted to get it done
Wasn't mad
Text Message

# Response - Read First


Alex
I know you felt guilty I knew that was why it was even an issue and you was getting stressed out
I just wanted to get it done
Wasn't mad
it's all been so much lately
i didn't want to see my parents
i haven't even got clothes unpacked
i feel like shit
and bigger problems keep adding up
and i can see how u happy you are
but how can i fix it all at once
it's hard
i have to keep up my morale to make videos
Ik
Text Message
Alex
make videos
Ik
Just as easy as I'd be happy if I wasn't called shit or insulted idk you have heavy words never sat right with me and I wouldn't have been an added issue on top of everything else
Like for me that's so so so serious I should've been taken as priority at some point
yeah you have been
this stuff recently
has just got worse
Yh
where's bear
Text Message

You can see in this conversation he admitted to kicking me, insulting me and freaking out, not once did I "assault" him here as he claims I did.

He claims gaslighting, manipulation and physical abuse in this house from me, which there was **none** of. Yes I react, I call him very shitty things. I try to hurt his feelings after abusing me. There's always a switch where I am no longer thinking straight and do not care for what I say, that is because of the constant verbal abuse he gave me at any time he could.

His breakdowns were described by me as this.

cat off him is starting an argument when I only did it after he said weird things to him. Acts like a child had his toy taken away when realistically I was uncomfortable with him being near my cat

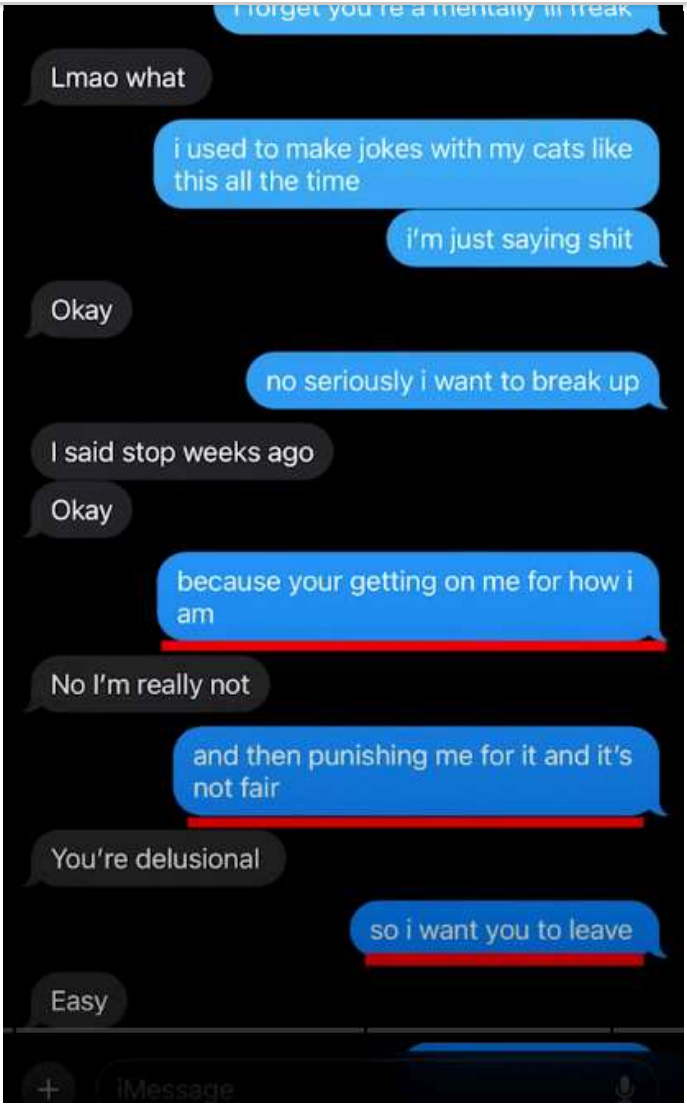
# Response - Read First

like this and came into my face screaming I put my head down and ask him to leave me alone multiple times, I remember him waking out, asking again to talk and then jumping stomping his feet screaming at me “kill yourself” multiple countless times. That to me is how a child acts and that is how he acted, swinging arms in arguments and raising his voice.

All of his claims to me allegedly hitting him constantly are false and not backed up with proof or evidence once.
Anything that can be proved for example the slap i gave him after verbally screaming abuse at me is because **i don't hide it and i never have.** Reacting so intensely to an argument to the point i had done that was something i would never hide but yes feel ashamed by it, i was pushed to a point where i felt i had to do that and that's not okay but i still did it and have never denied it.

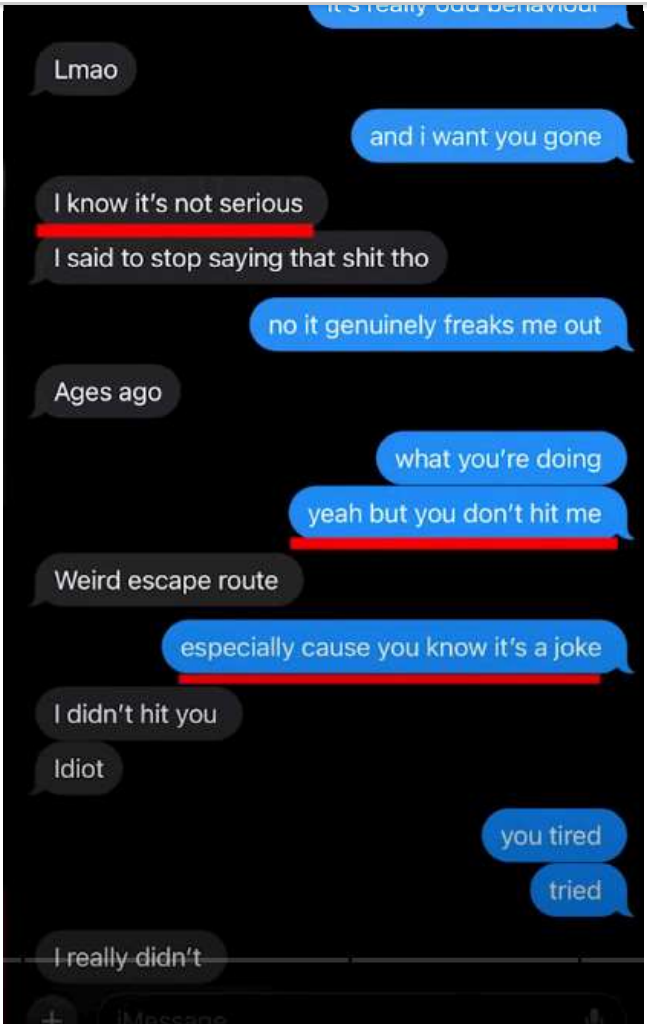
“I would get upset after i was Pushed, slapped and punched” he was **never** slapped or punched or hit since the first time i had ever done it back in september. There is 0 proof or evidence or text messages of this, as he claims texts are such important factors for proof why has he not given any. His “proof” are messages of my own statement taken out of context, but ive now posted the whole conversation so that can be debunked.
Hearing him say he deeply regrets his behavior being horrible to me, im sorry but to me is not genuine after lying about everything and denying what he has done, i wont and cant take that “accountability” serious when he is only taking accountability for the undeniable proof i posted, denies anything physical and doesn't talk about threatening to kill me. Everything else he has fabricated and hopefully this response will prove that he is lying throughout this whole thing as I try to give as much proof as possible.
In no way am I trying to shift blame or point fingers while writing this, I'm just disproving his lies. I take full accountability for being toxic and have never denied doing so. I wrote it clearly in my first statement that I went just as low as Alex when insulting each other after he had broken that barrier every argument.

# Response - Read First


Lmao what
i used to make jokes with my cats like this all the time
i'm just saying shit
Okay
no seriously i want to break up
I said stop weeks ago
Okay
because your getting on me for how i am
No I'm really not
and then punishing me for it and it's not fair
You're delusional
so i want you to leave
Easy
iMessage

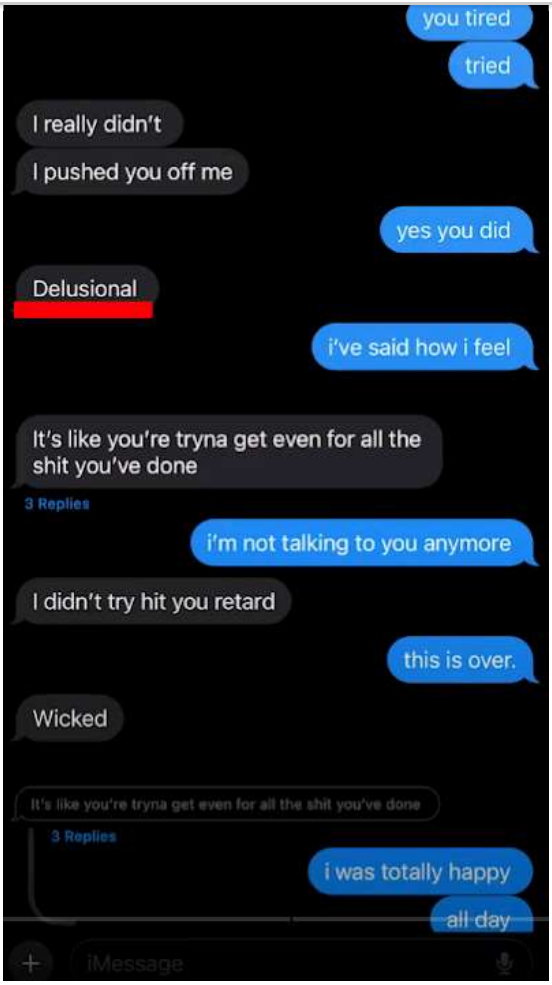
He uses this screenshot saying in his video “I'm tired of being hit for being myself” yet this will be interesting as i posted the whole conversation in this document and not once is that said.

# Response - Read First



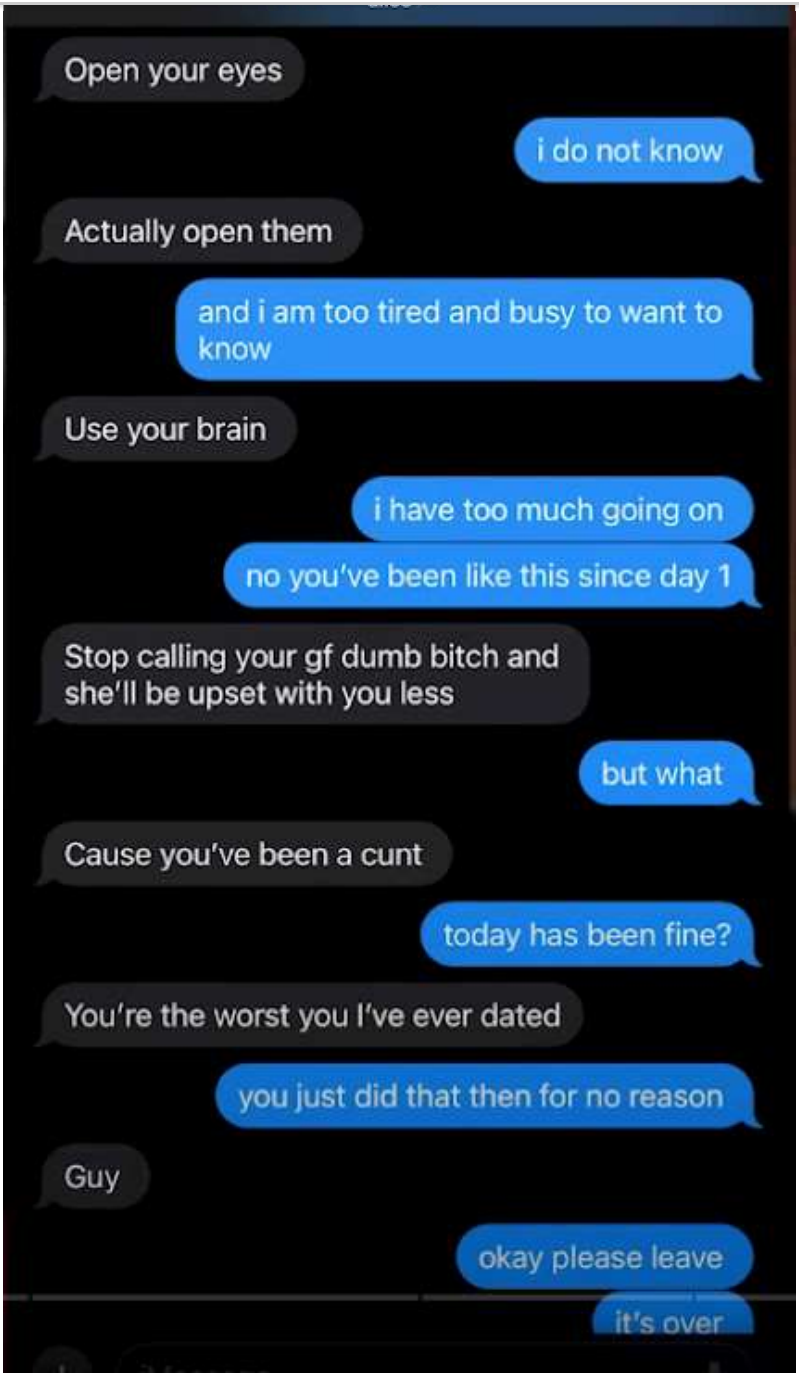

He contradicts himself here as he says i hit him, and denies hitting him yet he then changes his narrative and said “you tried” this is in his own video.
I asked him to stop, but he didn't, so I pushed him off me. He tried twisting this in our relationship since it happened to feel like he had a “one up” on me and he admits to this in voice messages.

# Response - Read First




This is in no way “evidence” of me hitting him, I pushed him. He says in his video i am mocking and downplaying, while he is recycling the same screenshot multiple times, he's just repeating himself and showing the same messages over and over.
Mentioning that I only spoke about his behavior and ignored my own after verbally abusing me and screaming at me is not proof of me hitting him. Yes I reacted and I am toxic back, trying to hurt him **back.** Everything I say is always in response to his abuse.

# Response - Read First


Open your eyes
i do not know
Actually open them
and i am too tired and busy to want to know
Use your brain
i have too much going on
no you've been like this since day 1
Stop calling your gf dumb bitch and she'll be upset with you less
but what
Cause you've been a cunt
today has been fine?
You're the worst you I've ever dated
you just did that then for no reason
Guy
okay please leave
it's over

He now 30 minutes in the video claims i hurt him and uses this message “since day 1” as “proof”. You will know now as you've seen the whole conversation that he is manipulating this.
He claims he was the only one paying for everything in the house as he was “the only person working at the time” but this is something he had offered to do, and we had an agreement on that when signing the lease, he just used this every argument as a power move.

# Response - Read First

cause you do nothing
all day
you don't understand
you choose to make your own life harder
You literally took away the shit I was gonna use
i don't want that
That's on you lmao
that's my stuff
Yes
in my house
But don't argue saying I don't do anything
When I would've been
i can use my cameras and mics
Yes?

He uses this and says he took it away as he was using it to make videos, this is false. He had multiple cameras and mics, he lent me one of each and helped me make videos with him that we recorded at the same time. This contradicts his story as he said it was to use for himself, that is a lie and a power play. I didn't and couldn't make videos without borrowing those things that he pushed so much onto me. That is all in my first statement where he would always push making videos onto me starting arguments when i wasn't believing i could do it.
These videos we made are now unlisted, but I can share screenshots showing we are both upstairs and downstairs recording together.

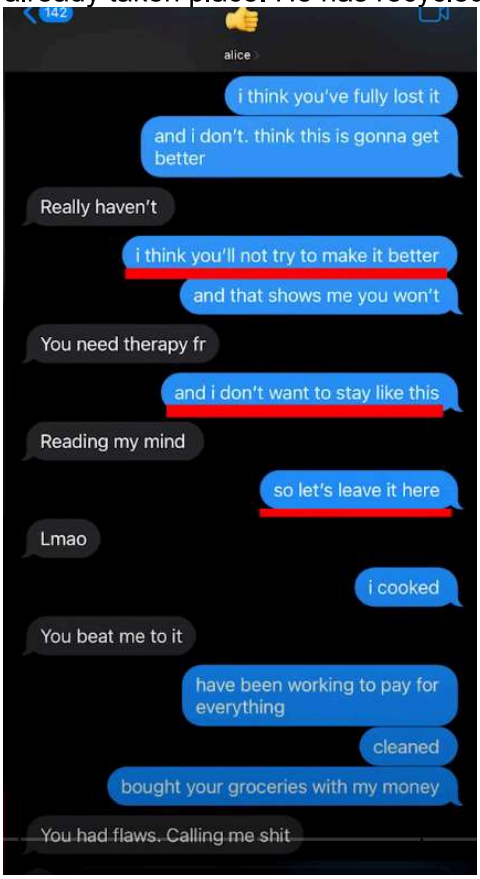
# Response - Read First

# Response - Read First

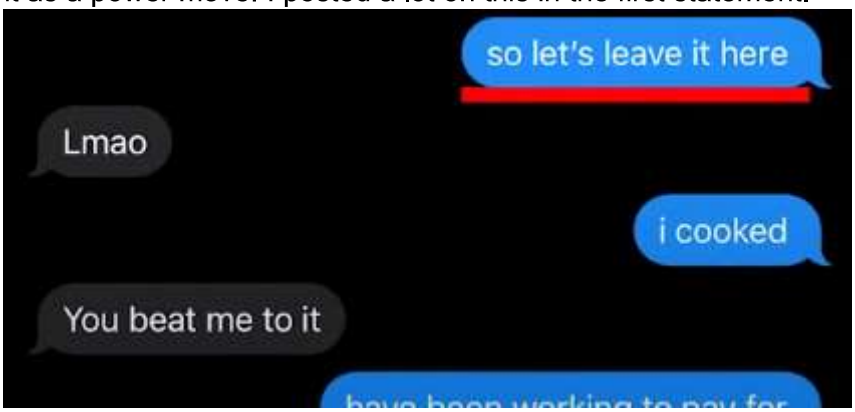
He has taken this from **the same conversation** of the incident where i pushed him off and he claims i hit him, as a now **new** situation where he says in his video he was laying down flat in bed with the cat on his chest, this is a lie. “Alice moved towards me and pushed me” he has now created a **new** “pushed” event from the same messages.
In his own video he contradicts himself again.

# Response - Read First

As he mentioned I came over to him to push him **in bed**, when the text says “I pushed you out of my face” this is again from the same scenario downstairs. He has fabricated a story while using “proof” from an event already taken place. He has recycled messages and labeled it “proof” of multiple different stories.


142
alice
i think you've fully lost it
and i don't. think this is gonna get better
Really haven't
i think you'll not try to make it better
and that shows me you won't
You need therapy fr
and i don't want to stay like this
Reading my mind
so let's leave it here
Lmao
i cooked
You beat me to it
have been working to pay for everything
cleaned
bought your groceries with my money
You had flaws. Calling me shit

He uses this as proof of trying to leave me, when that is false. He threatened to break up constantly and used it as a power move. I posted a lot on this in the first statement.




To say I was manipulating him to stay is false, everytime he threatened to break up I **agreed**.
In his own screenshot.

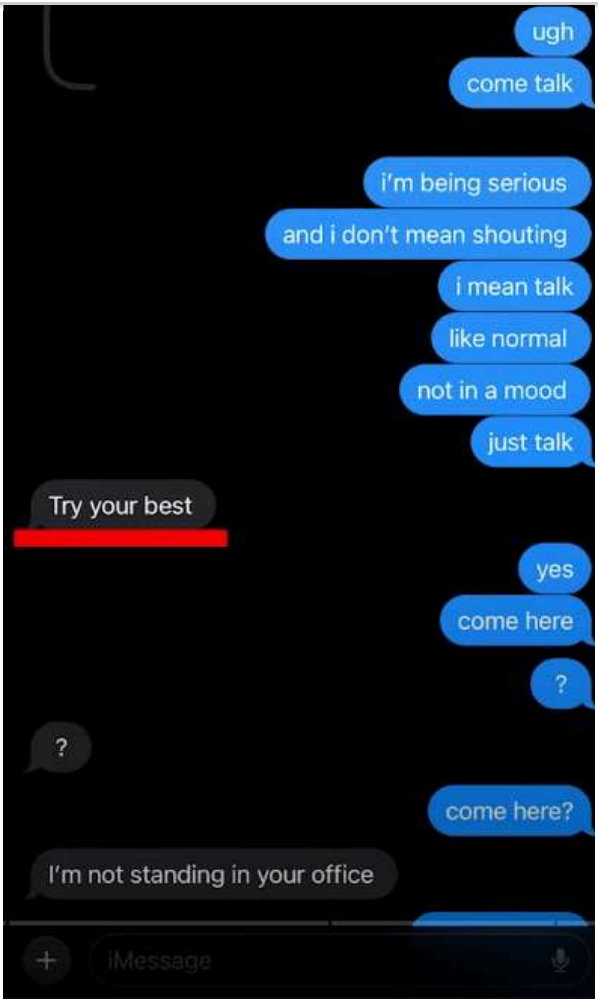
# Response - Read First

Claiming he wanted me out (which he did message and say), but then begged me to come to him and talk to him to fix things. This is not someone trying to break up with me, this is someone dangling breakup threats to me, and then pulling me back in saying they don't mean it and to talk. So I do not take him seriously anymore after he threatens to break up.

I didn't hear you
Clearly
i then swallow that and come to joke with you
and you fuck me off like that
I didn't hear you
Idiot
i'm fucking tired
i haven't been paid
You said something weird
i'm owed 75 fucking grand
and have another 70k in tax to pay
Okay
and your stressing me out over small shit
menial shit
it's like
Oh cute so this is another one of those

He constantly used excuses to treat me like shit, which I gave undeniable evidence on in my first statement including the videos, in every one he blames other issues and screams at me.
This had been admitted by him in many conversations on messenger that have been put in this document.
He claims again that I antagonised and laid hands on him, that is false. This is all still the same situation where he was in my face saying strange things about my cat. I pushed him away and he exploded, but he keeps spinning this story multiple times in his own video. Saying I ignored “physically assaulting” him when again, I didn't assault him.

# Response - Read First




Yes, I told him to try his best to talk normally to me, as this was hard for him and he was always aggressive and insulting.

He claims I said he should “get used to hitting me” after he spoke to the cat. That is a lie.

# Response - Read First

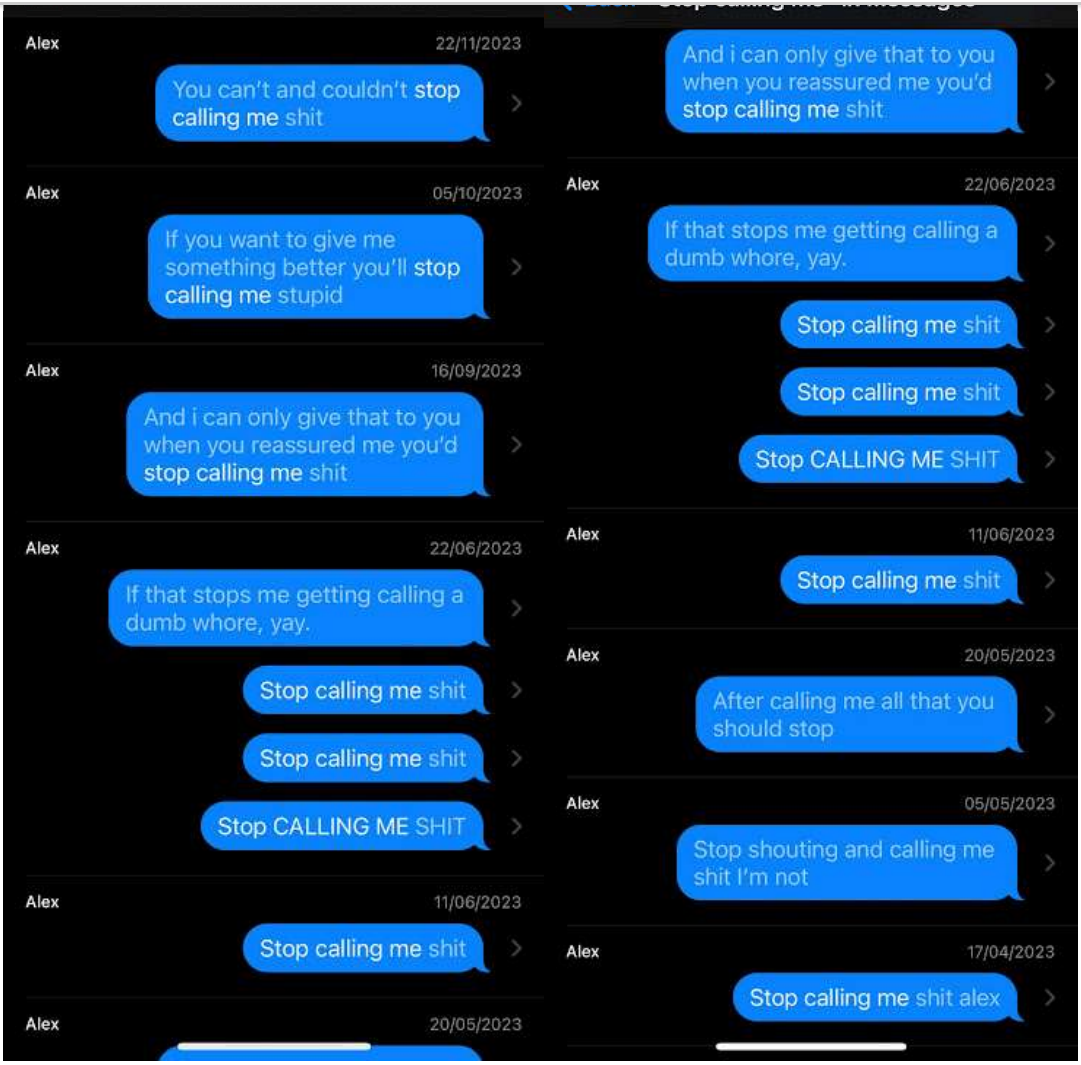
because you literally said. your just gonna keep on doing it
You're telling me you're not gonna interact with me
i brought up so you can say you'll be

I said to him, "I will keep the cat away from him and push him off me. Not ever did I say I will keep “hitting” him like he claims. Yet again I don't want someone like that around my cat, it's as simple as that.

You've already made your bed that's why
why would i want to talk to someone who told me they're gonna be pushing me every time i make a joke off the cuff
I'm looking at a guy who just insulted the life out of me and kicked me out
that's when people seperate
don't be weird about it

He's claiming that i said i will keep “hitting him” when that isn't in the text, he says “pushing”.
He didn't regret any words he used on me, as he used them daily. Words held no weight for Alex and he never felt sorry for using them.

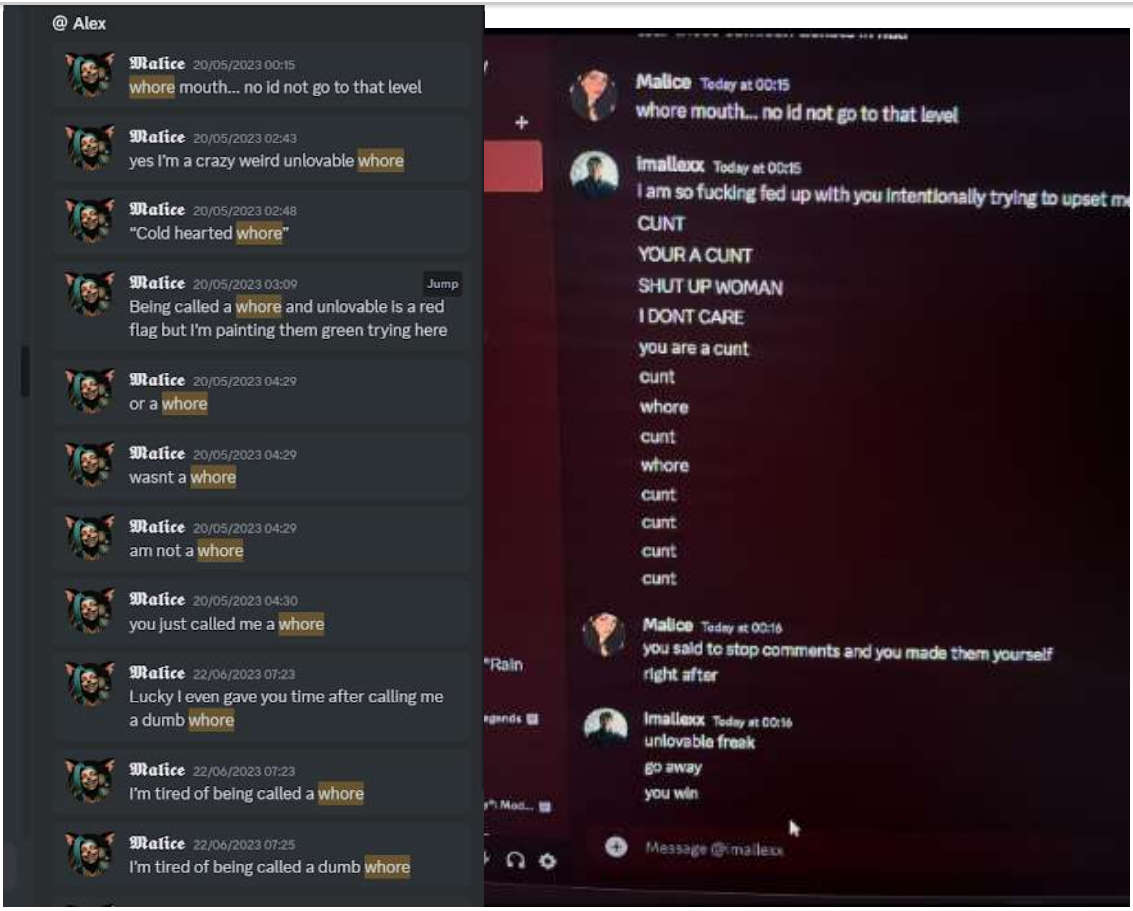
# Response - Read First


Alex 22/11/2023
You can't and couldn't stop calling me shit
Alex 05/10/2023
If you want to give me something better you'll stop calling me stupid
Alex 16/09/2023
And i can only give that to you when you reassured me you'd stop calling me shit
Alex 22/06/2023
If that stops me getting calling a dumb whore, yay.
Stop calling me shit
Stop calling me shit
Stop CALLING ME SHIT
Alex 11/06/2023
Stop calling me shit
Alex 20/05/2023
And i can only give that to you when you reassured me you'd stop calling me shit
Alex 22/06/2023
If that stops me getting calling a dumb whore, yay.
Stop calling me shit
Stop calling me shit
Stop CALLING ME SHIT
Alex 11/06/2023
Stop calling me shit
Alex 20/05/2023
After calling me all that you should stop
Alex 05/05/2023
Stop shouting and calling me shit I'm not
Alex 17/04/2023
Stop calling me shit alex

From **April to November I** was asking him to stop**.** We started dating in **March.**

Just now going through all of this I noticed he has unsent many messages on messenger and discord, luckily for him I screenshot a lot of that and it's all in my first statement, so there was 0 point in deleting anything**.** Just makes him look even more guilty**.**
Unsending calling me a whore maybe 50+ times, now it's only me mentioning him calling me that word**.**

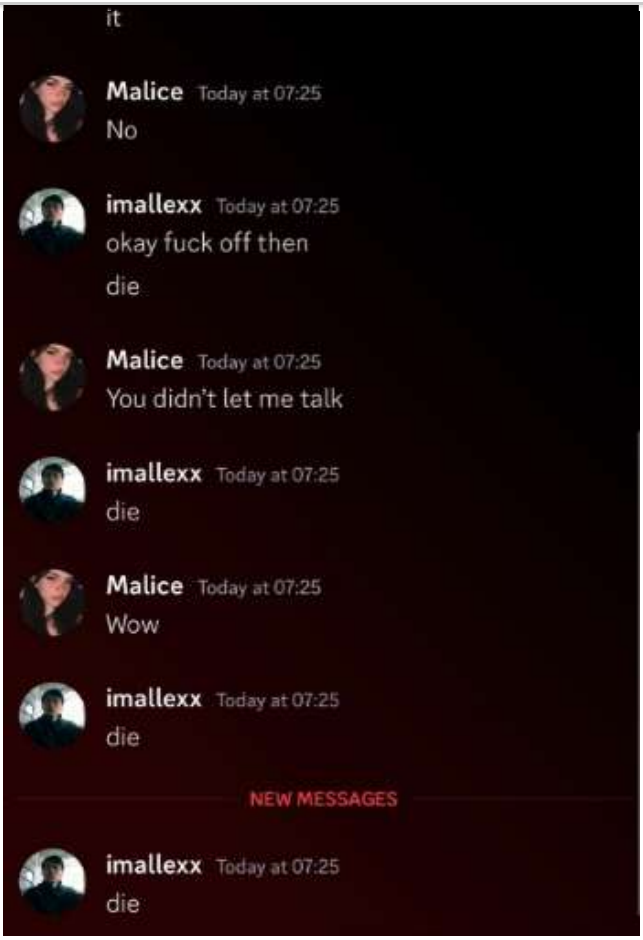
# Response - Read First


@ Alex
Malice 20/05/2023 00:15
whore mouth... no id not go to that level
Malice 20/05/2023 02:43
yes I'm a crazy weird unlovable whore
Malice 20/05/2023 02:48
"Cold hearted whore"
Malice 20/05/2023 03:09
Jump
Being called a whore and unlovable is a red flag but I'm painting them green trying here
Malice 20/05/2023 04:29
or a whore
Malice 20/05/2023 04:29
wasnt a whore
Malice 20/05/2023 04:29
am not a whore
Malice 20/05/2023 04:30
you just called me a whore
Malice 22/06/2023 07:23
Lucky I even gave you time after calling me a dumb whore
Malice 22/06/2023 07:23
I'm tired of being called a whore
Malice 22/06/2023 07:25
I'm tired of being called a dumb whore
Malice Today at 00:15
whore mouth... no id not go to that level
imallexx Today at 00:15
I am so fucking fed up with you intentionally trying to upset me
CUNT
YOUR A CUNT
SHUT UP WOMAN
I DONT CARE
you are a cunt
cunt
whore
cunt
whore
cunt
cunt
cunt
cunt
Malice Today at 00:16
you said to stop comments and you made them yourself right after
imallexx Today at 00:16
unlovable freak
go away
you win
Message @imallexx

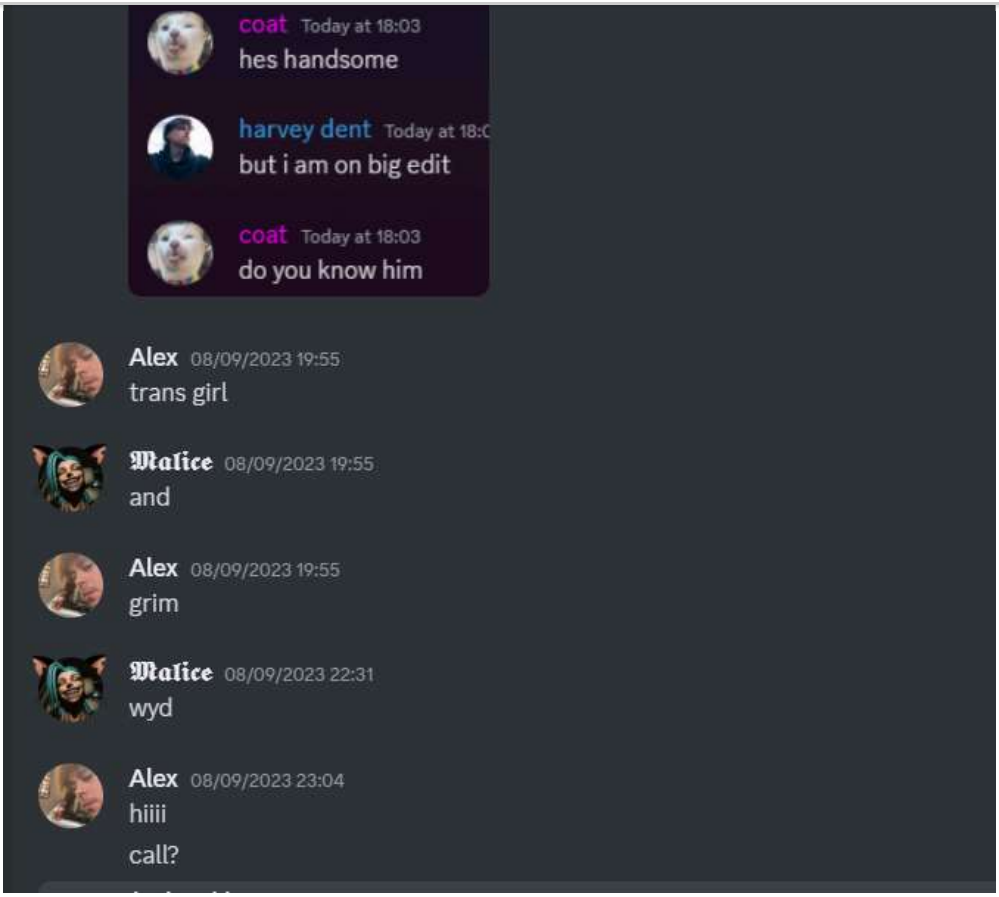
# Response - Read First

do you know him
@ Alex
Malice 30/07/2023 04:11
Tell me to kill myself
Malice 30/07/2023 04:07
You told me to kill myself
Malice 30/07/2023 04:04
Jump
Kill
Malice 30/07/2023 03:56
told me to kill myself
Malice 06/02/2023 04:41
Jump
Alex 26/01/2023 06:29
I have to kill
Malice 26/01/2023 05:13
GIF
Alex 09/08/2023 06:38
Jump
die
Malice 08/07/2023 10:39
i thought a horror, or a drinking game like die you drink idk
Malice 02/05/2023 01:36
MY PC, I SITCHED TO MY PHONE SOON AS IT DIED AND IT CUT ME OUT SO I PISSED AND CAME BACK
Malice 02/05/2023 01:35
Jump
PHONE DIED RETARD (edited)
Malice 02/05/2023 01:32
joined on my phone to pee, it died
Malice 02/05/2023 01:31
my phone dies, alex- how fucking dare you
Malice 08/04/2023 02:22
MY PHONE DIED
Malice 07/04/2023 01:59
my phone died hold a sec
Malice 06/02/2023 04:41

# Response - Read First

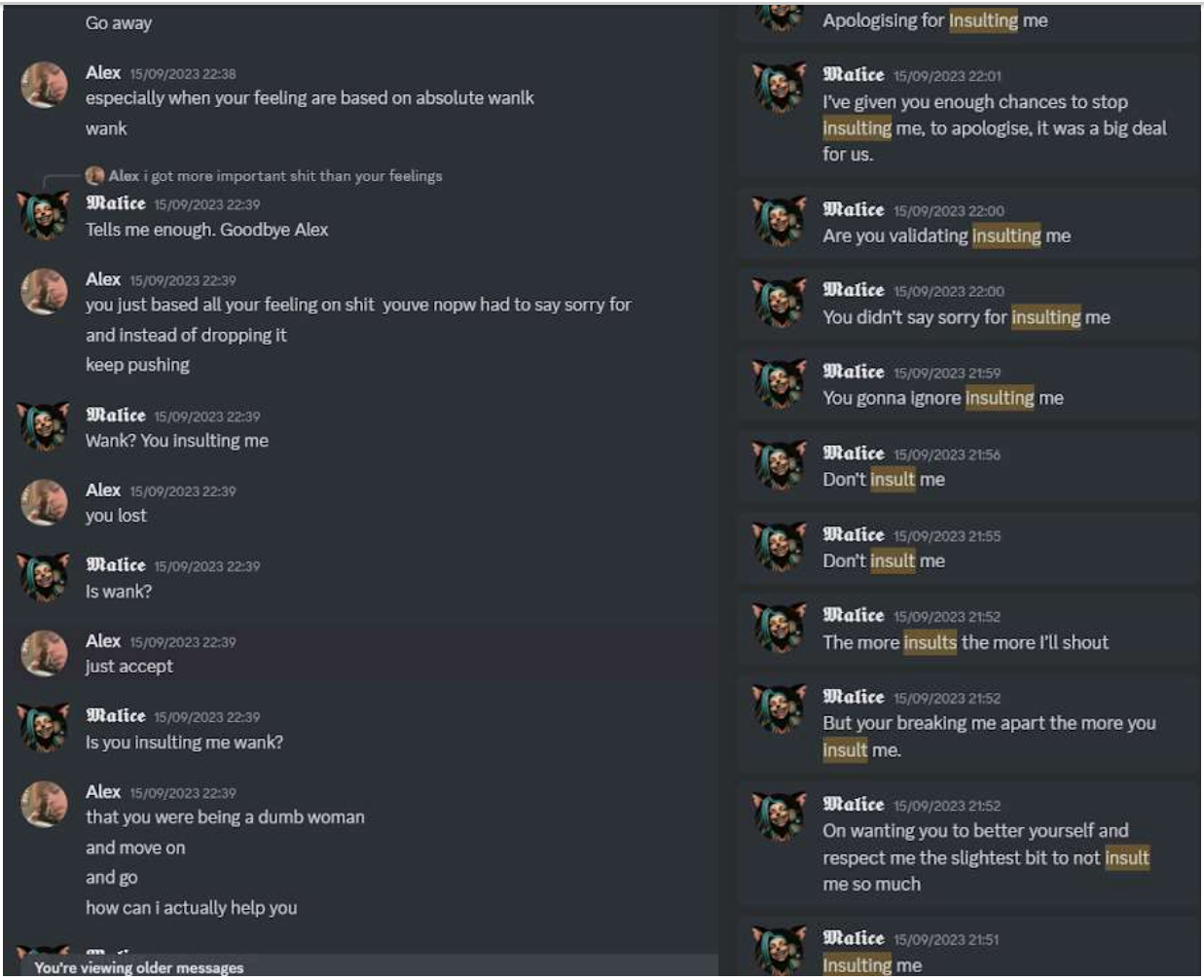


# Response - Read First




calling a trans girl “grim” after I made a joke.

# Response - Read First


Go away
Alex 15/09/2023 22:38
especially when your feeling are based on absolute wanlk
wank
Alex i got more important shit than your feelings
Malice 15/09/2023 22:39
Tells me enough. Goodbye Alex
Alex 15/09/2023 22:39
you just based all your feeling on shit youve nopw had to say sorry for
and instead of dropping it
keep pushing
Malice 15/09/2023 22:39
Wank? You insulting me
Alex 15/09/2023 22:39
you lost
Malice 15/09/2023 22:39
Is wank?
Alex 15/09/2023 22:39
just accept
Malice 15/09/2023 22:39
Is you insulting me wank?
Alex 15/09/2023 22:39
that you were being a dumb woman
and move on
and go
how can i actually help you
You're viewing older messages
Apologising for insulting me
Malice 15/09/2023 22:01
I've given you enough chances to stop insulting me, to apologise, it was a big deal for us.
Malice 15/09/2023 22:00
Are you validating insulting me
Malice 15/09/2023 22:00
You didn't say sorry for insulting me
Malice 15/09/2023 21:59
You gonna ignore insulting me
Malice 15/09/2023 21:56
Don't insult me
Malice 15/09/2023 21:55
Don't insult me
Malice 15/09/2023 21:52
The more insults the more I'll shout
Malice 15/09/2023 21:52
But your breaking me apart the more you insult me.
Malice 15/09/2023 21:52
On wanting you to better yourself and respect me the slightest bit to not insult me so much
Malice 15/09/2023 21:51
Insulting me

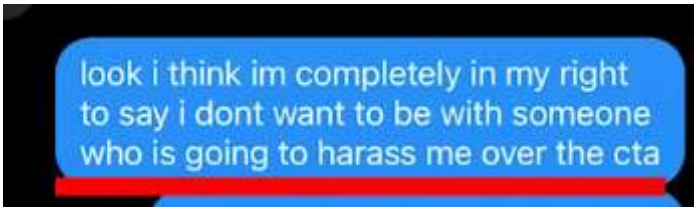
“62” says a lot.
strange how he is now trying to cover tracks when it's all out there already in my first post.

# Response - Read First

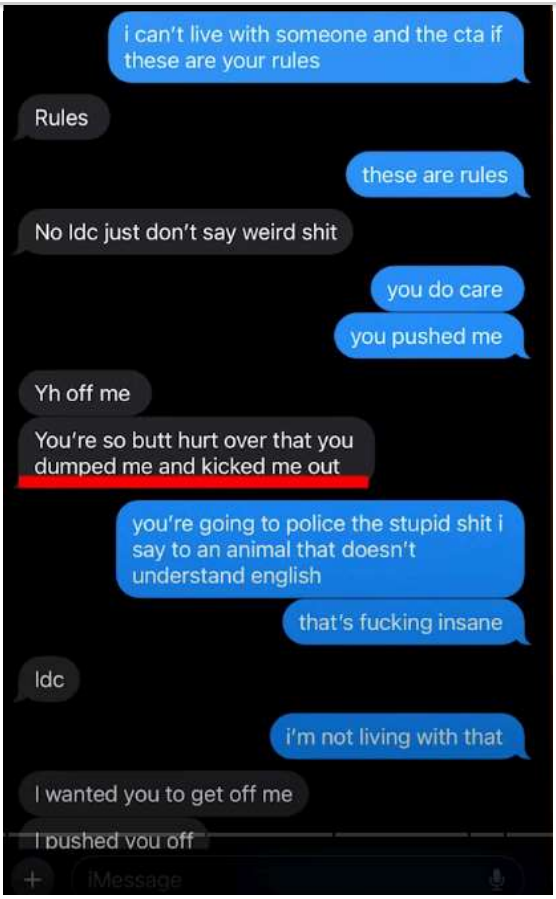
@ Alex
Alex 15/09/2023 22:37
shut up bitch
Alex 09/08/2023 06:37
either i laugh at you being a silly bitch
Malice 30/07/2023 04:01
You just need to not call me a bitch
Malice 20/05/2023 04:32
calling me a bitch
Malice 20/05/2023 04:29
imagine i have to convince my bf to stop calling me a bitch
Malice 20/05/2023 04:27
I cant hear a sentence without getting called a bitch
Malice 20/05/2023 04:26
stop calling me a bitch
Malice 02/05/2023 05:54
im sorry im a dumb slimy bitch
Alex 02/05/2023 01:45
BITCH
Malice 02/05/2023 01:42
didnt think youd call me a liar, slimy, a rude bitch, a retard, spastic, dumb,thick
Malice 02/05/2023 01:38
I went to pee and im a rude slimy bitch

To now delete everything after i had already come out with messages he sent here.

Back on track to the video, he now claims he said “if she believes that physical violence was the answer that our relationship was beyond saving unless she can find other ways to deal with these issues and she told me she couldn't” this is a lie. I had issues with the uncomfortable jokes he made, and threats previous to my cat. Never have I hit him over this that he claims so much.

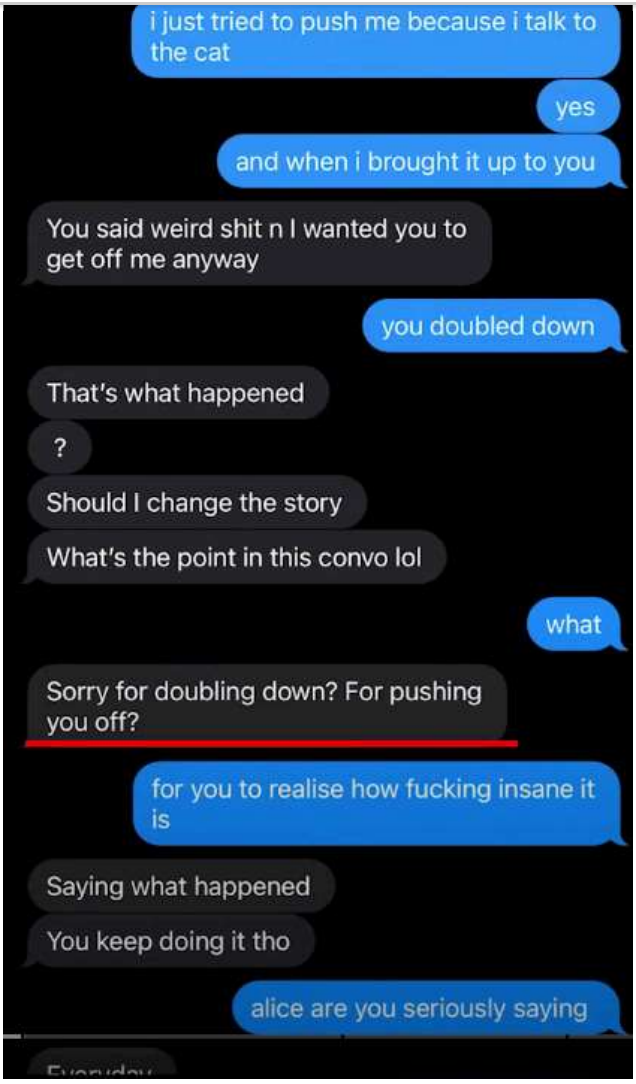


# Response - Read First


i can't live with someone and the cta if these are your rules
Rules
these are rules
No ldc just don't say weird shit
you do care
you pushed me
Yh off me
You're so butt hurt over that you dumped me and kicked me out
you're going to police the stupid shit i say to an animal that doesn't understand english
that's fucking insane
ldc
i'm not living with that
I wanted you to get off me
I pushed you off
iMessage

"You do care"
"You pushed me"
No claim to be hit, but he now says I did push him.

# Response - Read First


i just tried to push me because i talk to the cat
yes
and when i brought it up to you
You said weird shit n I wanted you to get off me anyway
you doubled down
That's what happened
?
Should I change the story
What's the point in this convo lol
what
Sorry for doubling down? For pushing you off?
for you to realise how fucking insane it is
Saying what happened
You keep doing it tho
alice are you seriously saying

This is again proving i just pushed him and nothing else, sorry this is so repetitive i am just bringing this up everytime he does in the video as i said im responding in the order of the video, he's taken these and made them seem like multiple events which is a lie.
Saying I picked “5 carefully picked screenshots” this is because I chose the ones highlighting the main points, but again in this document you can now read the whole conversation.

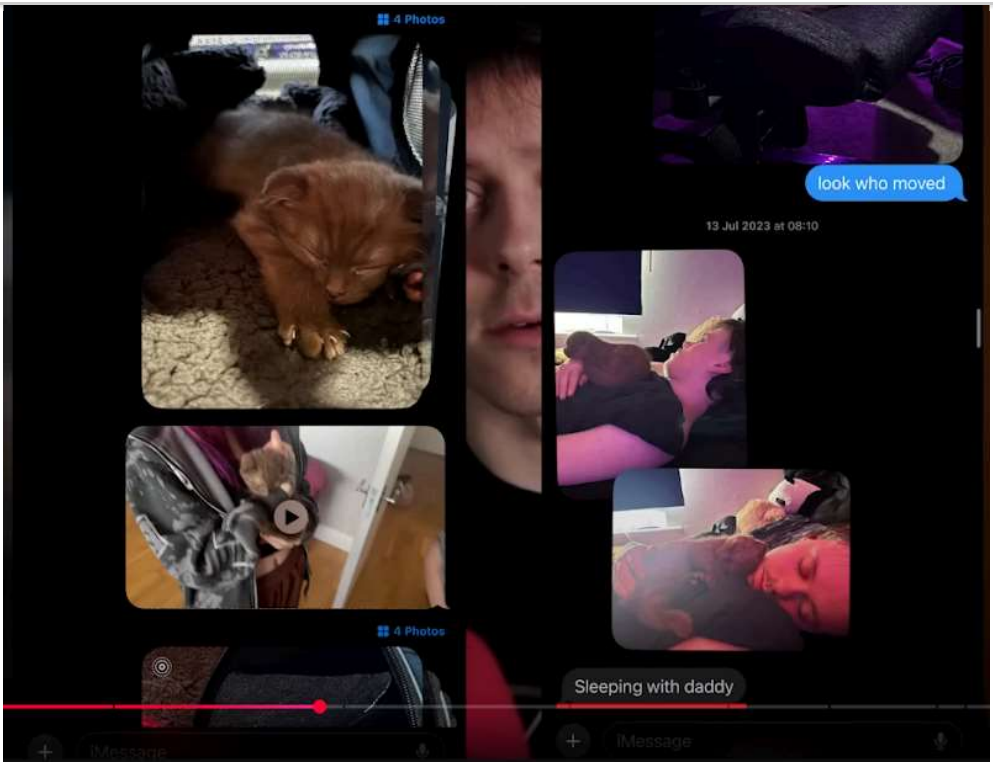
I ended up feeling detached from reality because I woke up depressed daily, some days I didn't want to be near him or be intimate with him, and this would spark arguments and he would get angry at me for still being upset over something he had done a day or a few days before. I was so disgusted by him and his actions towards me I didn't want him to even be near my own cat, calling him HIS when he wasn't and making shitty jokes about taking the cat away from me, this would always just end in me picking up Bear and leaving the room.

Now onto the subject of who owned bear. I never said he couldn't go near the cat for calling him his, i said it made me uncomfortable posting about him as if he owns him, we did **not** live together at this time, i wanted and have wanted to get my own cat for many many years and i saw bear and decided now was the time to get one.
I got bear in July, 4 months into dating alex. I asked Alex if he would like to come with me picking up bear as I saw it being a fun day out.

# Response - Read First

This was in September, and I'm saying bear isn't his. He Never was. Not sure why this has been made into a lie but I'll clear up as much as I can.

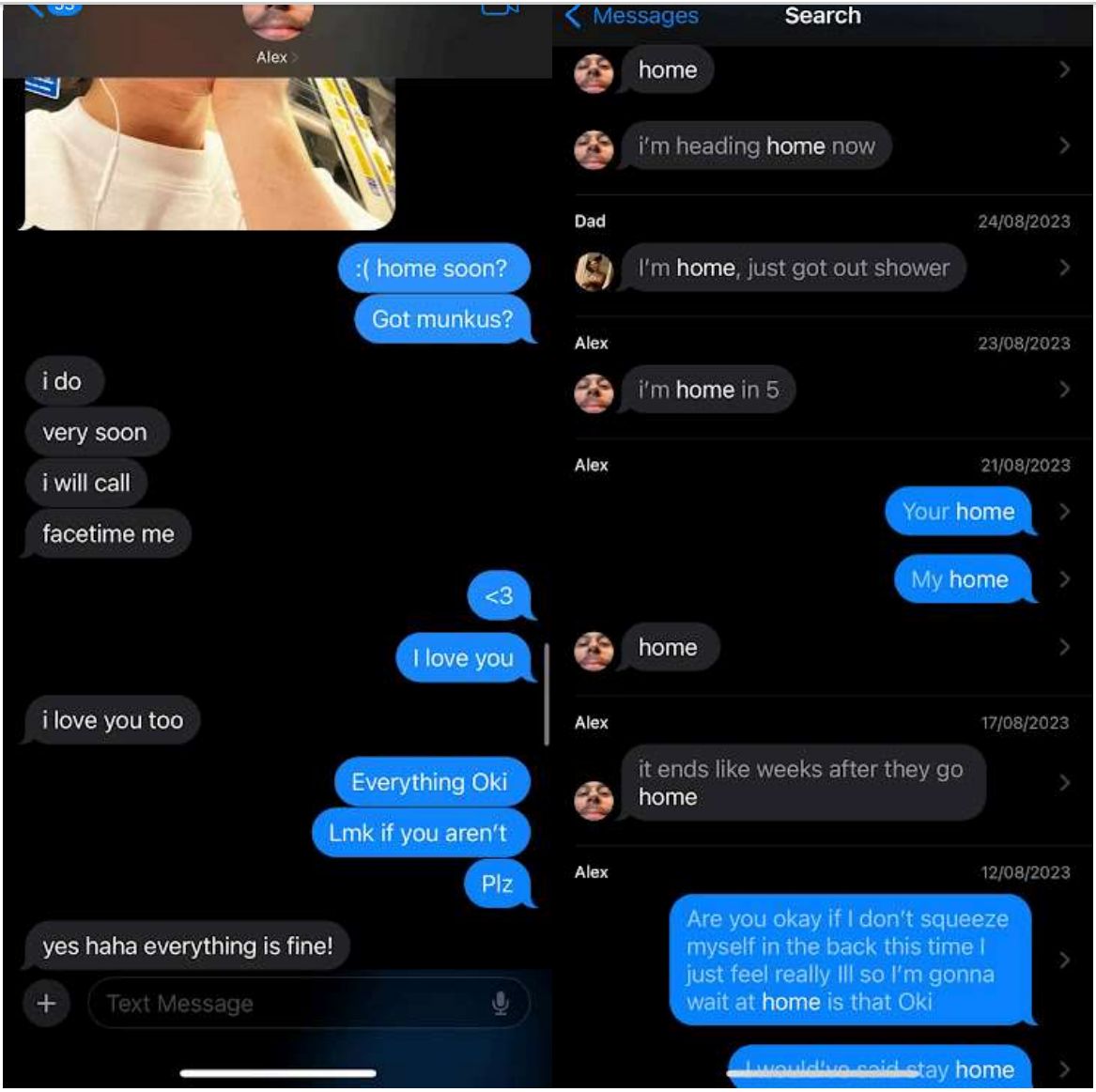
# Response - Read First



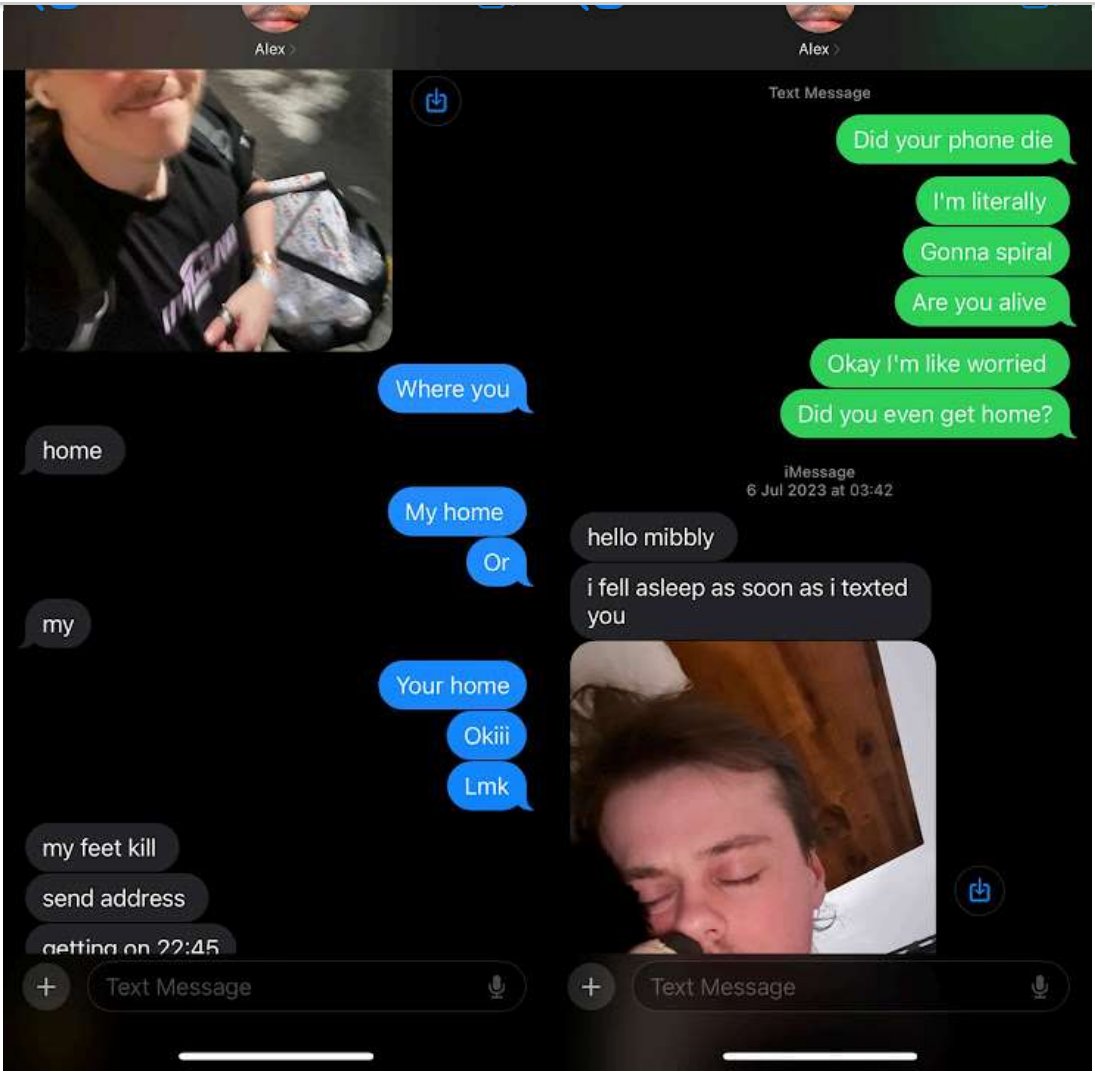

Claiming we lived together, we did not. Alex would come over to my house, close to every week he stayed over once i got bear. **He did not live with me.**

# Response - Read First

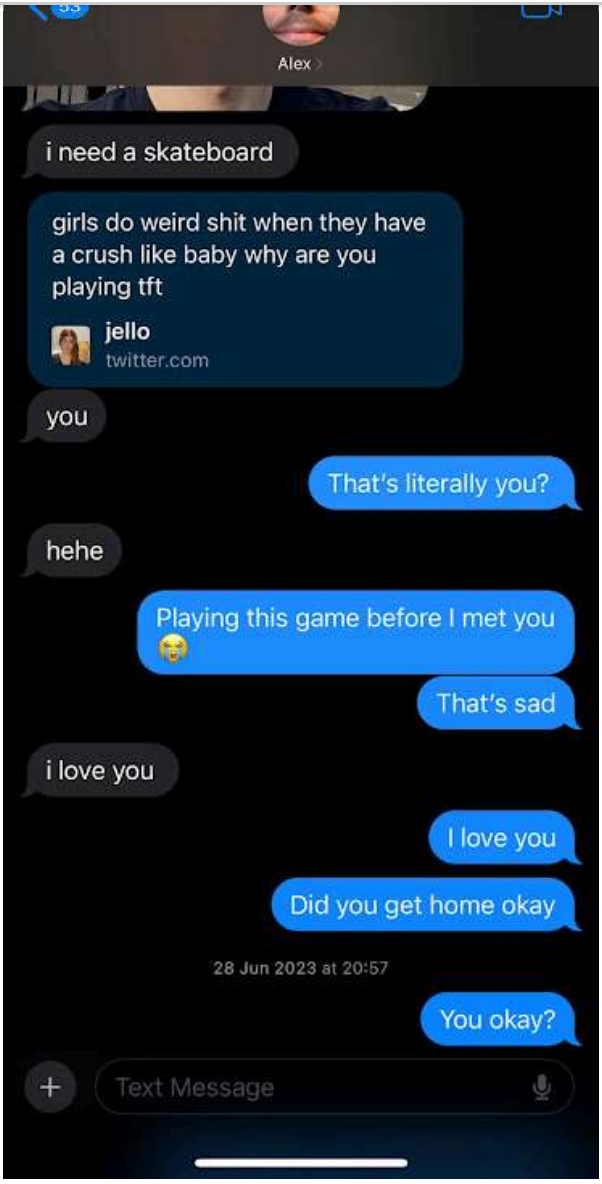
# Response - Read First



# Response - Read First



# Response - Read First




Putting the date 12th july when we picked up the cat (true), to then saying we lived together is a lie. We moved in together in **october.**

The situation with the deposit and paying for bear,
Bear was £350, the deposit was £100. This is very important information as Alex claims he paid the rest after my deposit and shows a bank statement from june. Alex did pay for the rest of what i had to, but because i couldn't at the time as i wasn't prepared fully.

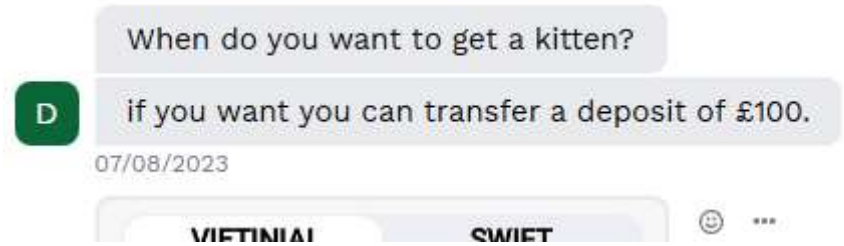
# Response - Read First

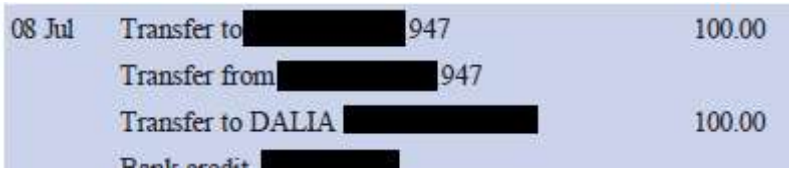
07/08/2023

D 350£ less price

07/08/2023

Date is 08/07/2023, reads in american idk why.




The screenshot in his video **linking to this** is false.

1. This shows 5th june 2023, i got bear on the 12th july 2023 and **paid the rest on the day of picking him up.**
2. The rest to pay was £250

Alex has again lied. **When he didn't even need to.**
Alex did pay the rest of the price **on the day of** picking up bear, this was £250, **not to me** but to the person I was picking up bear from.

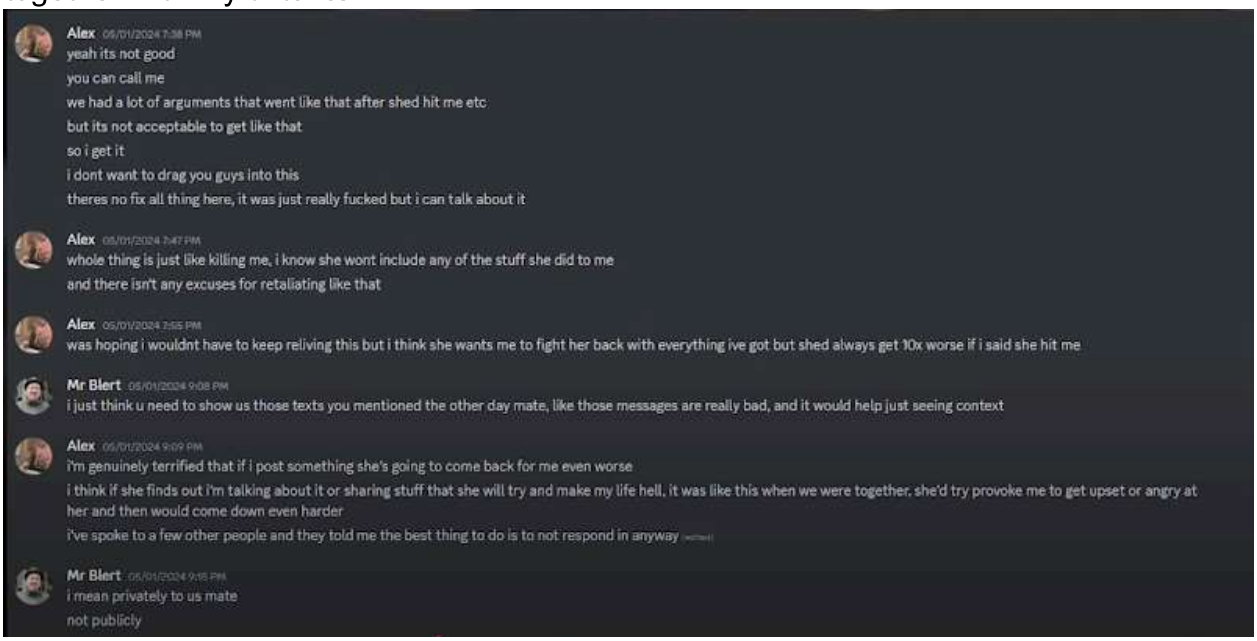
I went unprepared and had to use a card reader to send a payment as big as this(this is normal nationwide), I did not bring one with me so i asked alex if he wouldn't mind paying it **just for now** and i **pay him back** when we get home. I gave Alex the details he needed to send it to her.
He told me I didn't need to pay him back, and that it'd help me cover everything I had to buy for bear.
I made it clear to Alex we did not both own the cat, we were together for 4 months. To me, it is crazy to own a pet together. He claims he took a post down when actually he changed the caption to calling bear mine, and has now since taken it down to suit him and his story.

He claims again now that I pushed and slapped him for calling him his, this is a lie.
In this part of the video he contradicts himself saying everything he did was in fact a reaction and mine wasn't, after i claimed i would react to him. But in the beginning showed his “diagnosis” where it reads that he had angry outbursts. He's inconsistent with his claims and lying. Bringing up the one time I pushed him off me, and the one time I slapped him as if I did those things daily or to everything like he says in the video.

# Response - Read First

I don't believe he is “ashamed” of the things he said, like he claims in the video when he is lying. He came to me after I left, constantly apologising and begging me to forgive him for everything he said and now is saying he tried to leave me multiple times. Everything to do with that is in my first statement where I explain about him **harassing** me on multiple accounts. I had to keep blocking him as we would keep arguing and end up insulting each other again when it was promised to stop when he claims he wants to try fix things, everytime he fed me lies telling me he will change, the very next day would be the same behaviour so i blow cold and stop believing him. I shouldn't have kept in contact for as long as I did but it's personally hard for me to do that no matter how shit I'm treated, especially since this was “the norm” for us by now.

The screen shot is of the messages i talk to him about on messenger,
In these messages Alex is playing victim after his friends have heard a few things Alex did, rumours were going around at parties from those that heard him screaming at me, and put two and two together with my tiktoks.


Alex 05/01/2024 7:38 PM
yeah its not good
you can call me
we had a lot of arguments that went like that after shed hit me etc
but its not acceptable to get like that
so i get it
i dont want to drag you guys into this
theres no fix all thing here, it was just really fucked but i can talk about it
Alex 05/01/2024 7:47 PM
whole thing is just like killing me, i know she wont include any of the stuff she did to me
and there isn't any excuses for retaliating like that
Alex 05/01/2024 7:55 PM
was hoping i wouldnt have to keep reliving this but i think she wants me to fight her back with everything ive got but shed always get 10x worse if i said she hit me
Mr Blert 05/01/2024 9:08 PM
i just think u need to show us those texts you mentioned the other day mate, like those messages are really bad, and it would help just seeing context
Alex 05/01/2024 9:09 PM
i'm genuinely terrified that if i post something she's going to come back for me even worse
i think if she finds out i'm talking about it or sharing stuff that she will try and make my life hell, it was like this when we were together. she'd try provoke me to get upset or angry at her and then would come down even harder
i've spoke to a few other people and they told me the best thing to do is to not respond in anyway
Mr Blert 05/01/2024 9:18 PM
i mean privately to us mate
not publicly

I heard he was spinning up lies about me claiming I hit him, where his first claims are still the slap, punch, and kick which have now been developed into “regular physical abuse” as he gets to in his video. His story doesn't stay the same and he not once ever mentions the extent he has in the video nor does he show any proof.
Yet again his proof is me saying i didn't punch him, i didn't kick him, and admitting to the slap. He instantly played victim as soon as he heard what he had done was going around the YT community.

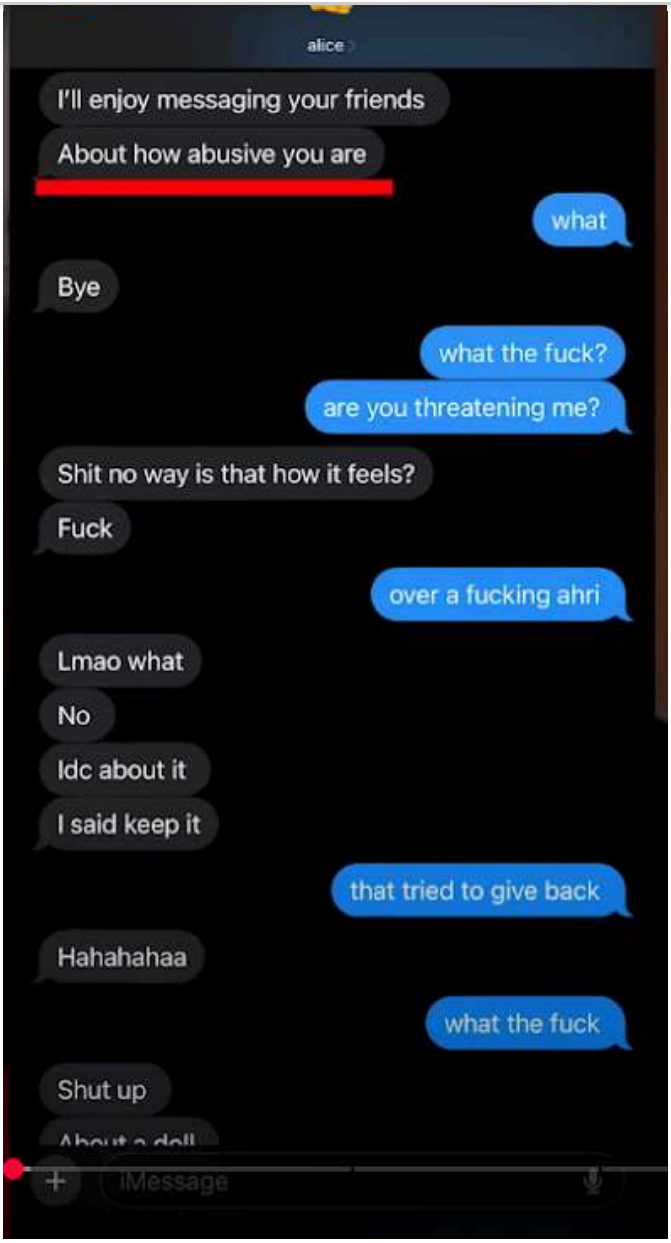
# Response - Read First

~~he was convicted.~~
Again, to be on clares law **you do not need a conviction.**
He does not once mention this is the reasoning as to why he messaged me.

05:33
100
142
alice
the girl who's been hunting down my instagram following 24/7
but won't talk to me
Because you're the one tryna fix it
i can't fix shit when you don't give me anything
I'm not fucking other people am I
so what the point
I'm not following my ex
I'm not stalking my ex's
you think i'm going to chase you for 6 months for a phone call

He adds this and says i went through following his friends, i followed back whoever followed me or whoever i planned on speaking to. I bring up him following **specific** girls that he has either dated before or slept with as for the whole 2-3 months after I left him, he was trying to "fix things" while then following back these people again.

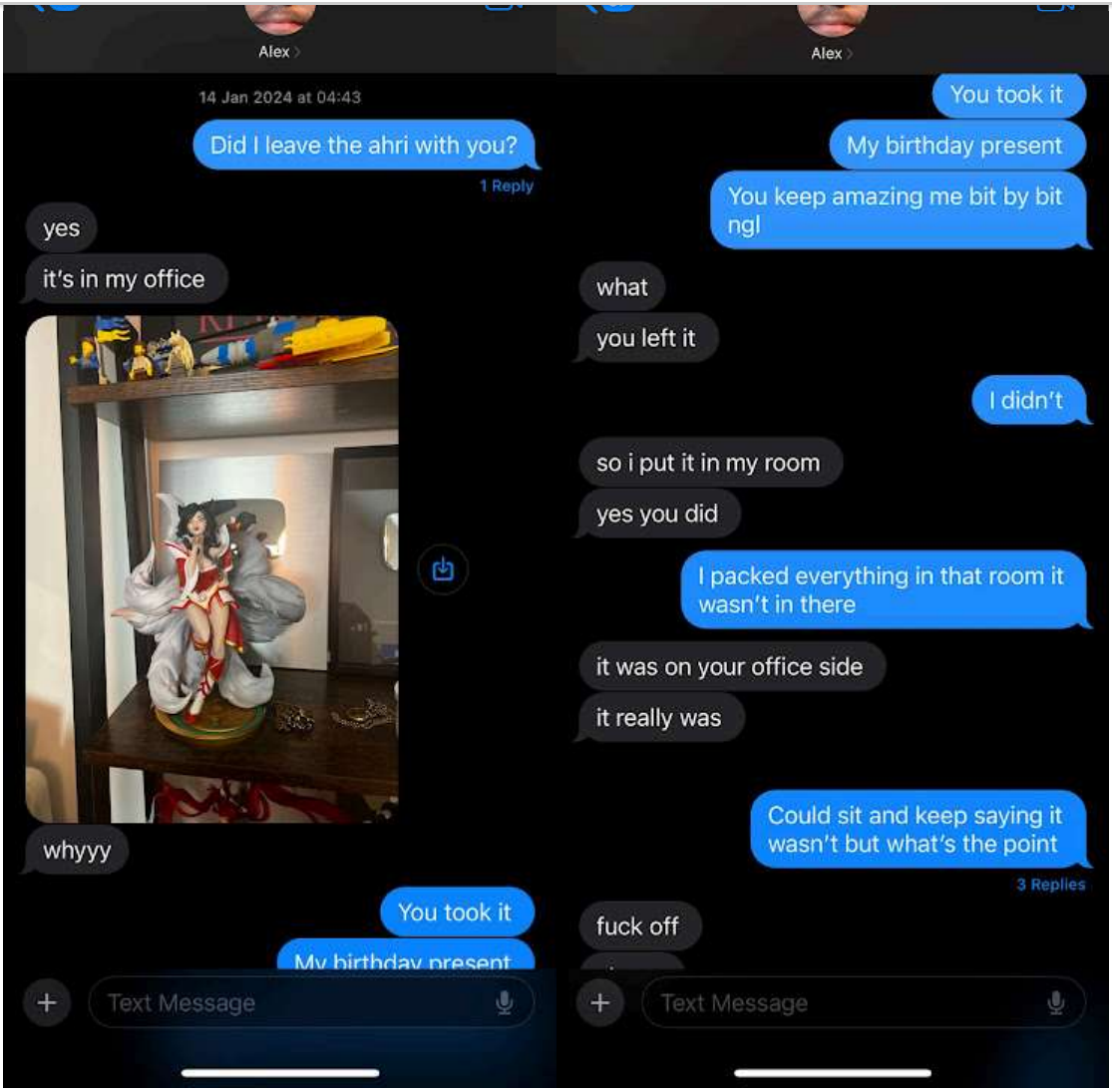
# Response - Read First




“Shit no way is that how it feels?”
I said this because I was trying to make him feel the way he made me feel.
Now this is a reaction to an event he has not mentioned because he is lying and using this in another context. I'll add the context below.

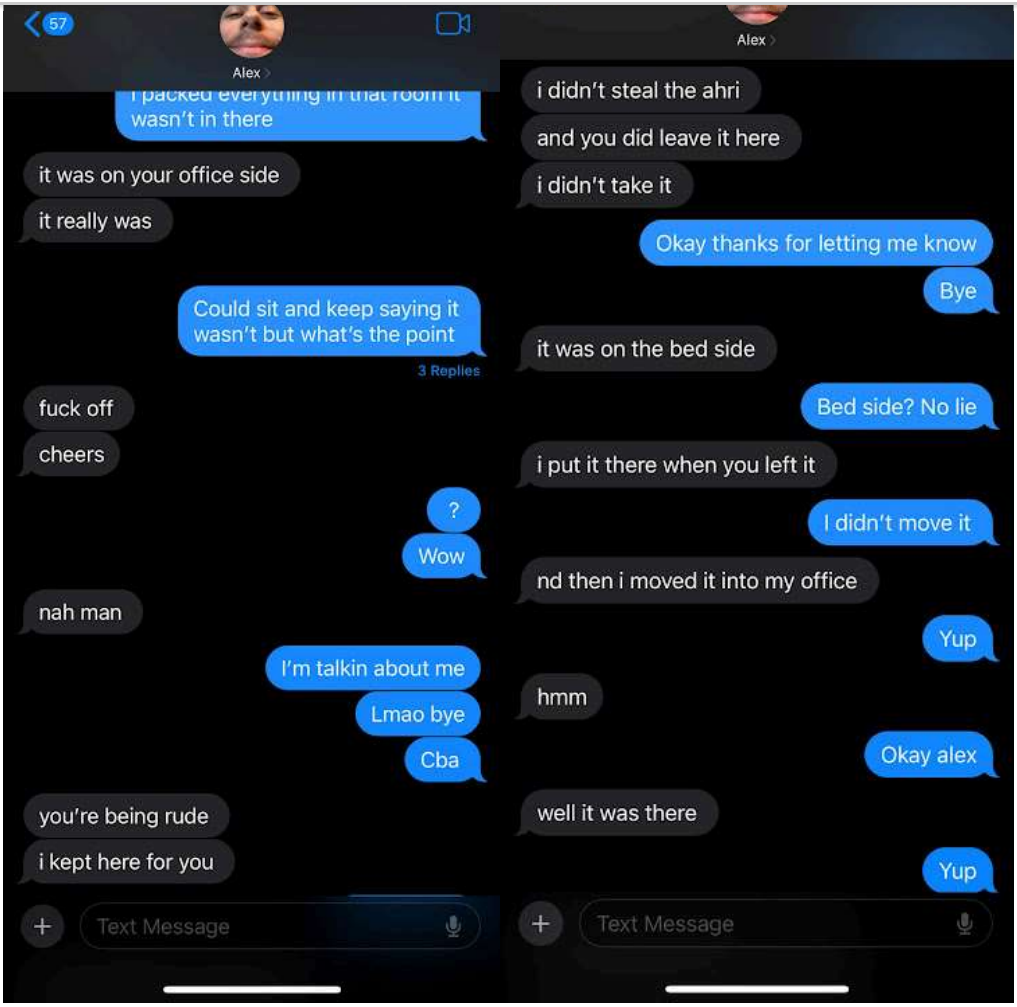
When i came to pick up my things on the next day of leaving, i had everything in my office and clothes upstairs that he had thrown out of the bedroom so i didn't have to go in there as he was in that room and didn't want me to go in. He claimed to me that “everything” was out in the hallway.
It came to it and i realised i was missing something, a figure “ahri” from a game that he had given to me for my birthday, i message and ask if he had it, **he told me that it was in my office** and he then moved it into the bedroom **after** i picked up all of my things and “left it”. I didn't believe him as I emptied the room completely and everything was on the floor, monitors, camera etc.

# Response - Read First



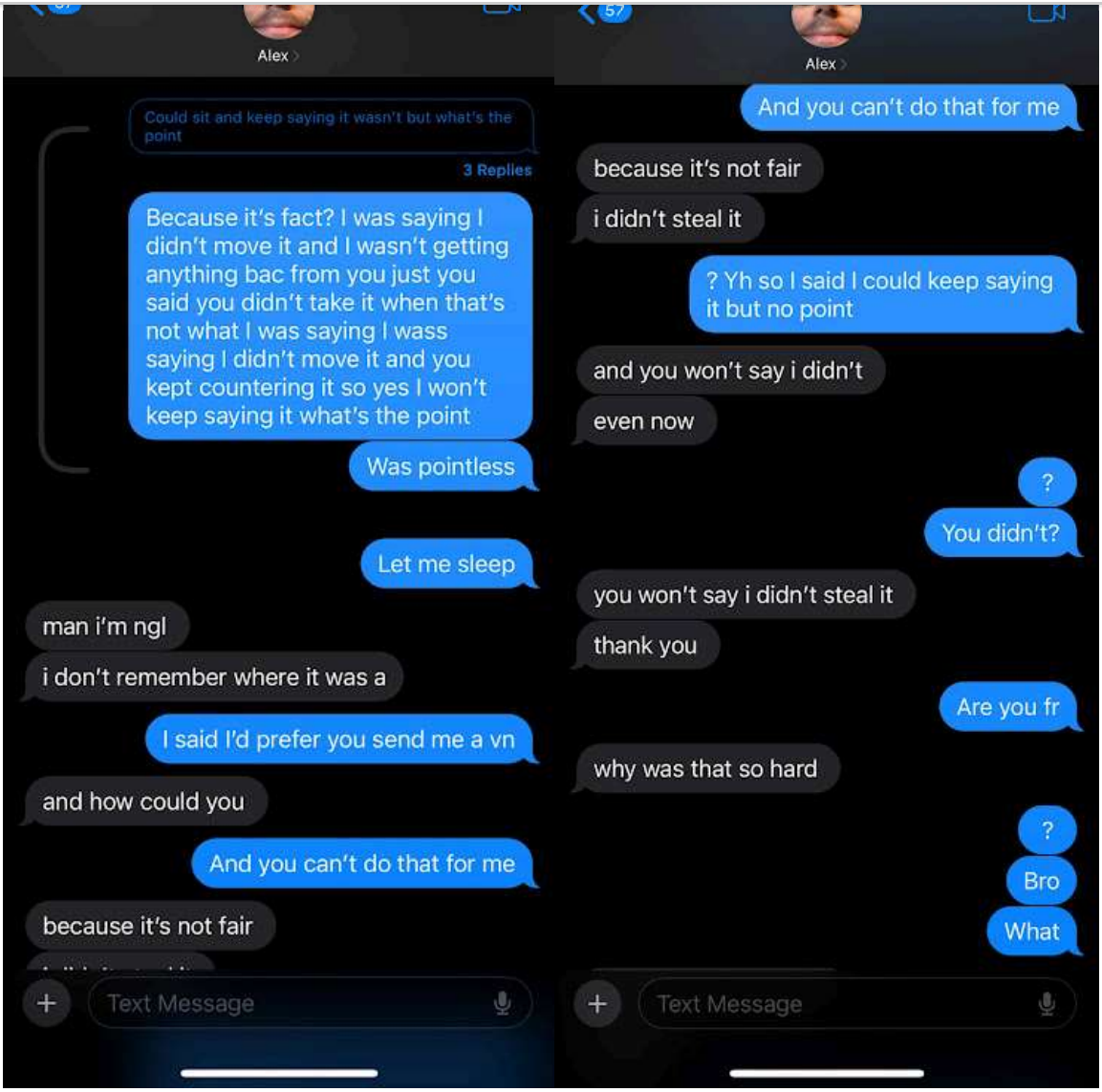

“I packed everything in that room it wasn't in there”. him- “it really was”

# Response - Read First



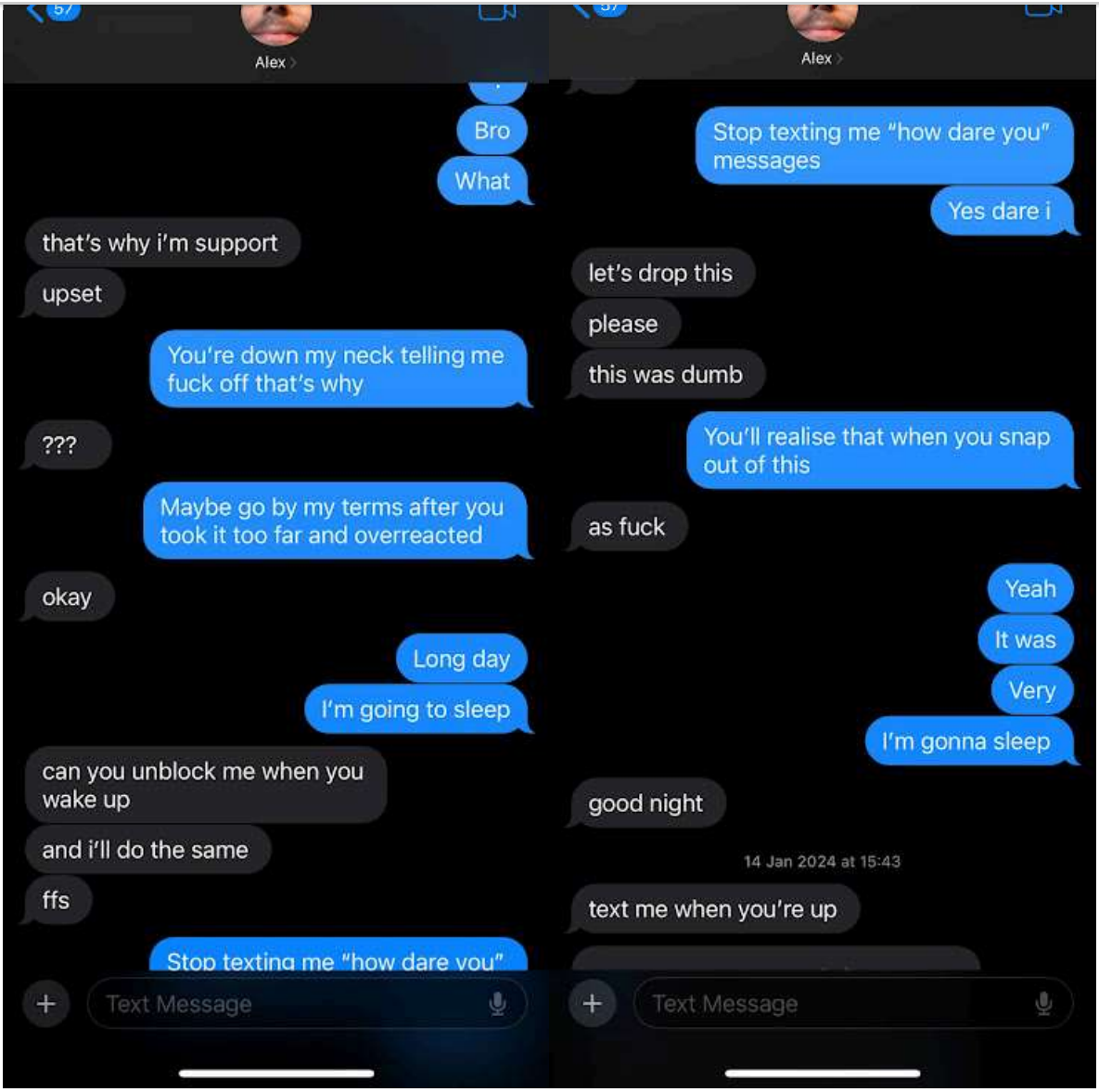

"I put it there when you left it"
this whole conversation then turns into another argument as soon as he says "fuck off" and he assumed my "could sit here and keep saying it" message was about me telling him he stole it, when it was me trying to get across that it **was not** in my office when i came to pick up everything. To argue so hard that it was in my office and I left it, to then admitting he moved it or saying he doesn't remember where it was is gaslighting me.

# Response - Read First


Alex
Could sit and keep saying it wasn't but what's the point
3 Replies
Because it's fact? I was saying I didn't move it and I wasn't getting anything bac from you just you said you didn't take it when that's not what I was saying I wass saying I didn't move it and you kept countering it so yes I won't keep saying it what's the point
Was pointless
Let me sleep
man i'm ngl
i don't remember where it was a
I said I'd prefer you send me a vn
and how could you
And you can't do that for me
because it's not fair
Text Message
Alex
And you can't do that for me
because it's not fair
i didn't steal it
? Yh so I said I could keep saying it but no point
and you won't say i didn't
even now
?
You didn't?
you won't say i didn't steal it
thank you
Are you fr
why was that so hard
?
Bro
What
Text Message

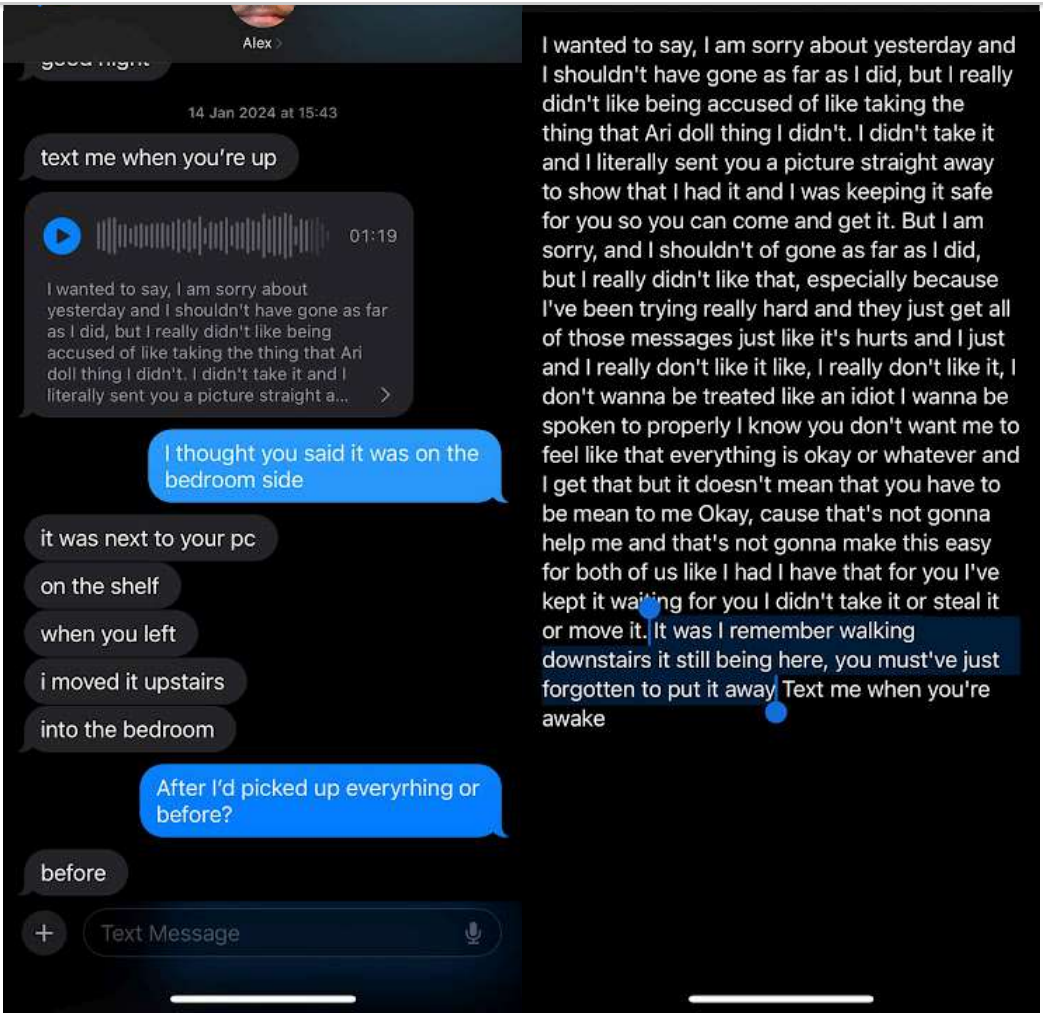
Then moving onto saying he doesn't remember.

# Response - Read First



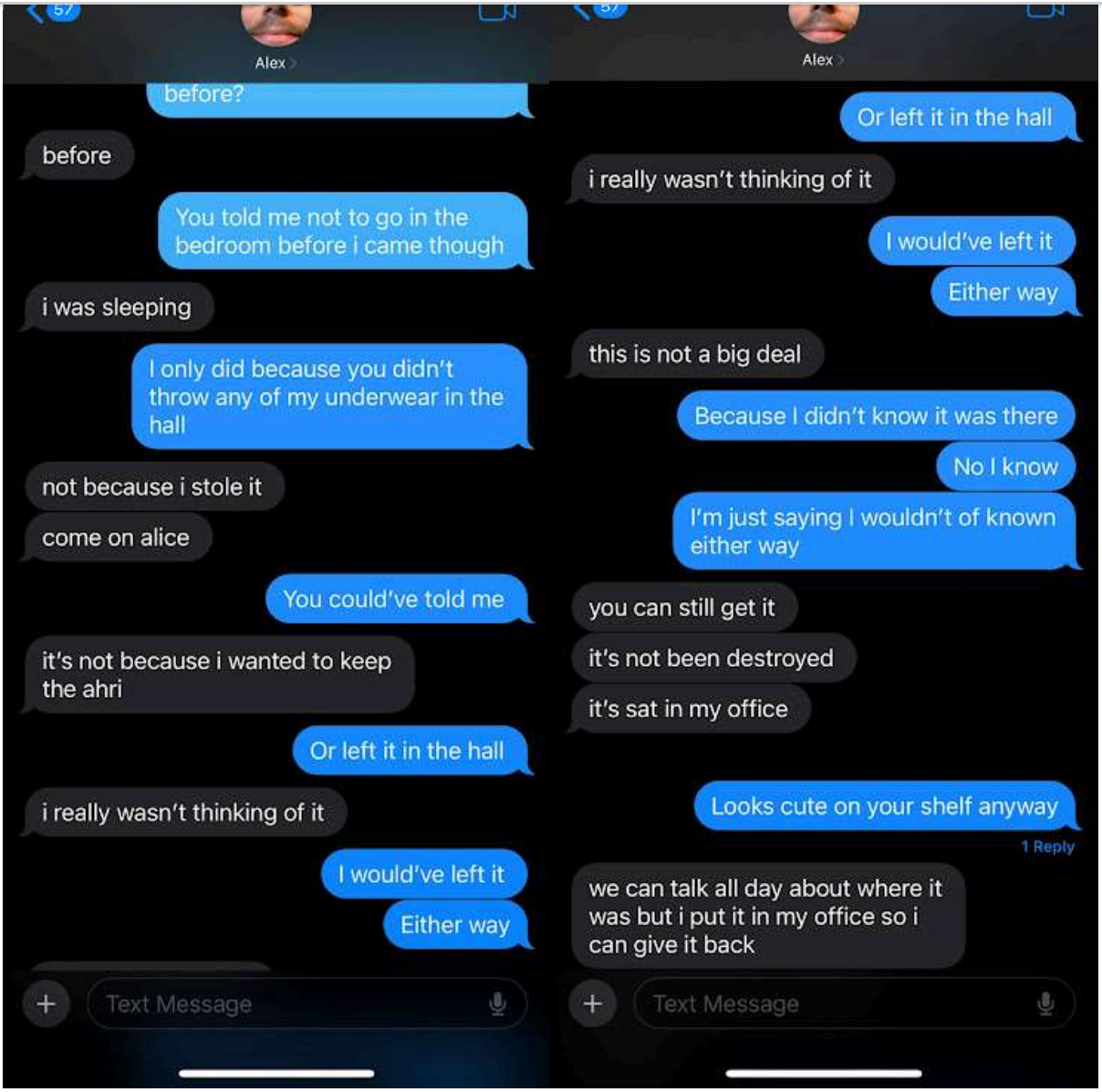

It comes to the next day where he decides to apologise to me for going too far and being aggressive with me. I don't argue here. I am just confused, I'm still trying to figure out why he was pushing it so hard that he hadn't moved it before i came to pick everything up to then admit he moved it. The manipulation he had done pushed me to react. I will put the whole conversation here below with the previous claims where he says it was in the office. This might seem irrelevant but this wasn't the first time he had lied, been aggressive then apologised and told the truth, like what happened to my glasses.

# Response - Read First

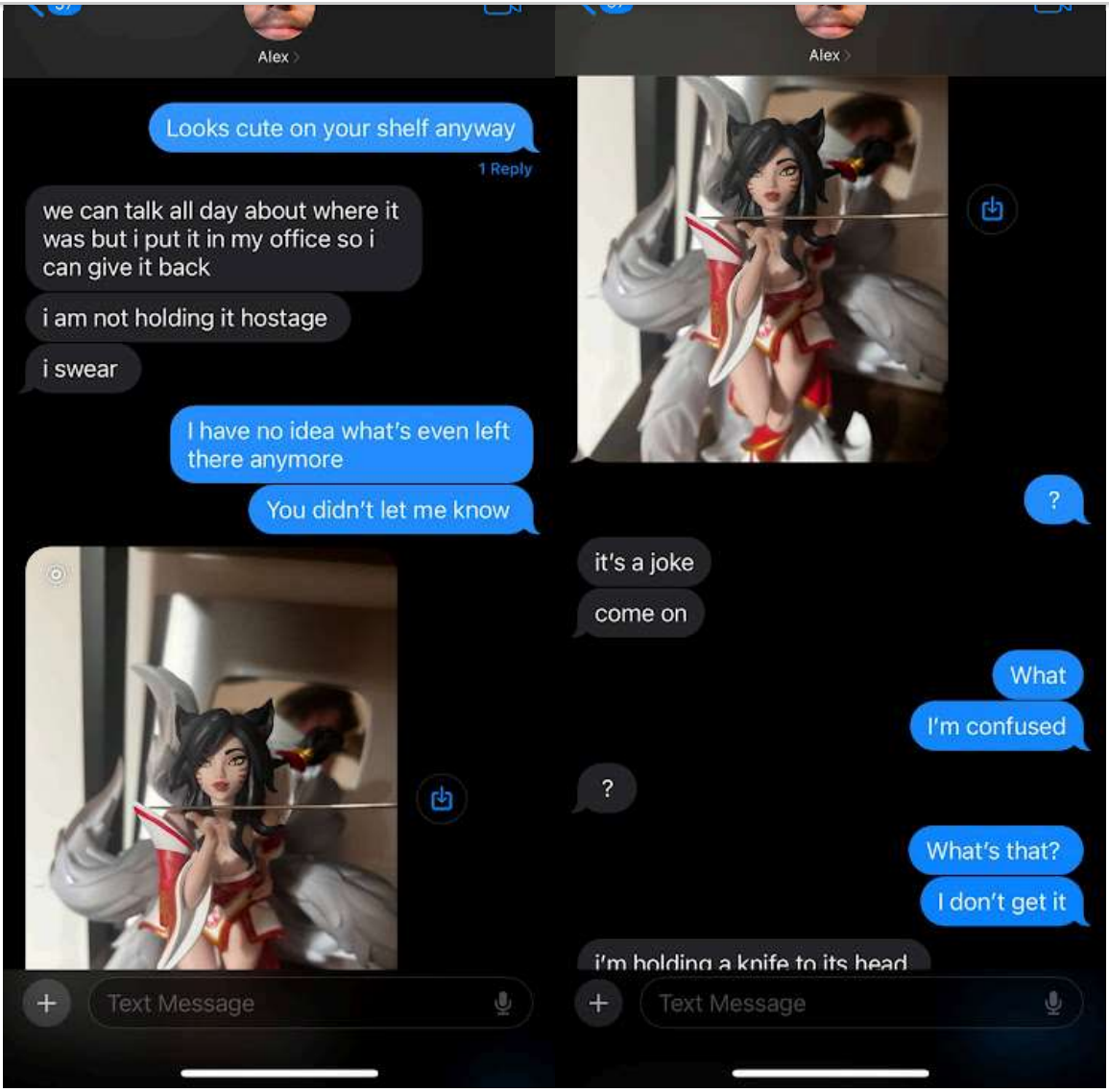

Alex
14 Jan 2024 at 15:43
text me when you're up
01:19
I wanted to say, I am sorry about yesterday and I shouldn't have gone as far as I did, but I really didn't like being accused of like taking the thing that Ari doll thing I didn't. I didn't take it and I literally sent you a picture straight a...
I thought you said it was on the bedroom side
it was next to your pc
on the shelf
when you left
i moved it upstairs
into the bedroom
After I'd picked up everyrhing or before?
before
Text Message
I wanted to say, I am sorry about yesterday and I shouldn't have gone as far as I did, but I really didn't like being accused of like taking the thing that Ari doll thing I didn't. I didn't take it and I literally sent you a picture straight away to show that I had it and I was keeping it safe for you so you can come and get it. But I am sorry, and I shouldn't of gone as far as I did, but I really didn't like that, especially because I've been trying really hard and they just get all of those messages just like it's hurts and I just and I really don't like it like, I really don't like it, I don't wanna be treated like an idiot I wanna be spoken to properly I know you don't want me to feel like that everything is okay or whatever and I get that but it doesn't mean that you have to be mean to me Okay, cause that's not gonna help me and that's not gonna make this easy for both of us like I had I have that for you I've kept it waiting for you I didn't take it or steal it or move it. It was I remember walking downstairs it still being here, you must've just forgotten to put it away Text me when you're awake

The voice message will be in this folder under - ahri VOICE MESSAGE
Gaslighting me telling me i “forgot to put it away”
For him to now say he moved it **before I** came to get my things. He gaslit this whole situation and has used my reaction against me.

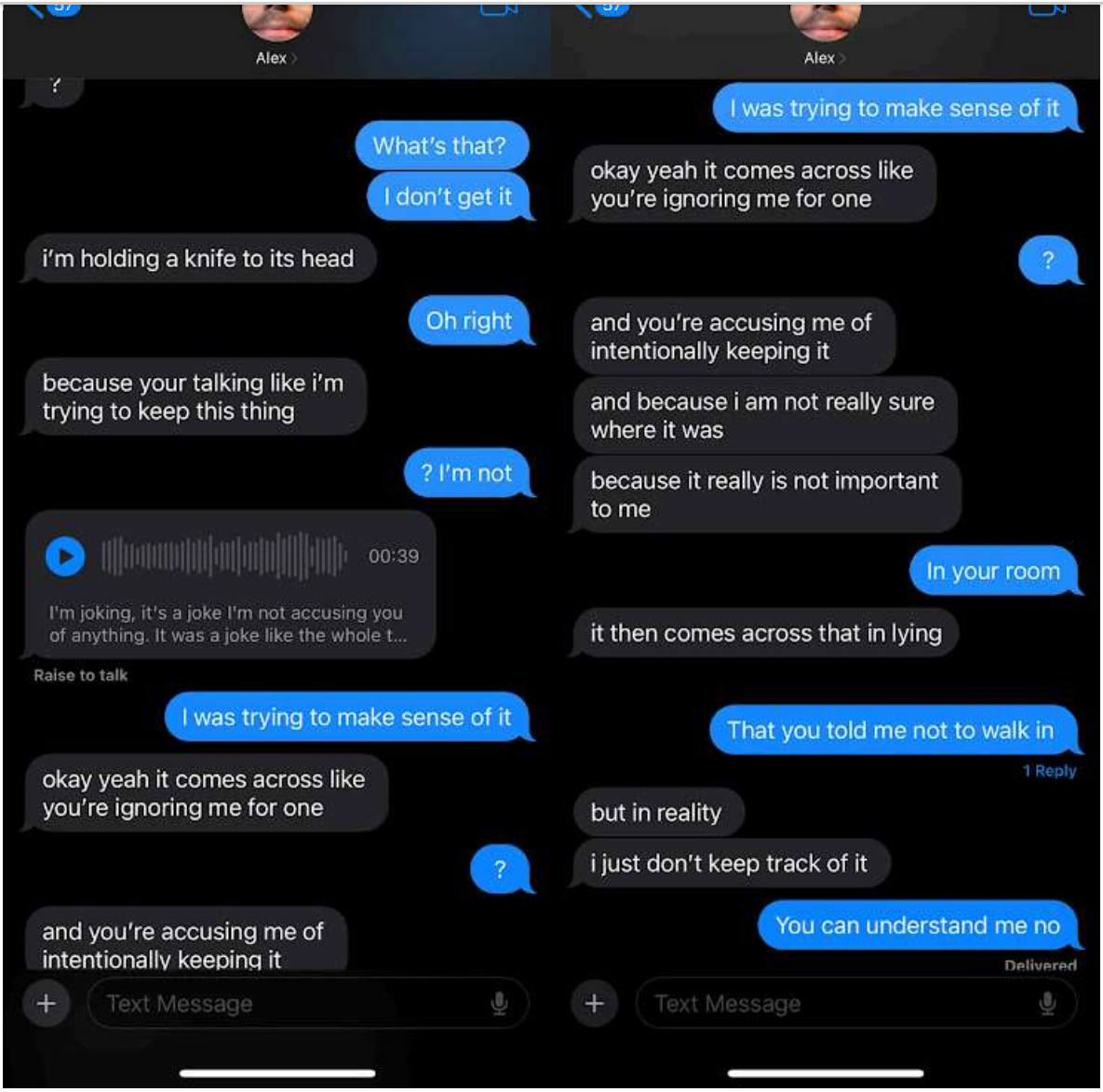
# Response - Read First


Alex
before?
before
You told me not to go in the bedroom before i came though
i was sleeping
I only did because you didn't throw any of my underwear in the hall
not because i stole it
come on alice
You could've told me
it's not because i wanted to keep the ahri
Or left it in the hall
i really wasn't thinking of it
I would've left it
Either way
Text Message
Alex
Or left it in the hall
i really wasn't thinking of it
I would've left it
Either way
this is not a big deal
Because I didn't know it was there
No I know
I'm just saying I wouldn't of known either way
you can still get it
it's not been destroyed
it's sat in my office
Looks cute on your shelf anyway
1 Reply
we can talk all day about where it was but i put it in my office so i can give it back
Text Message

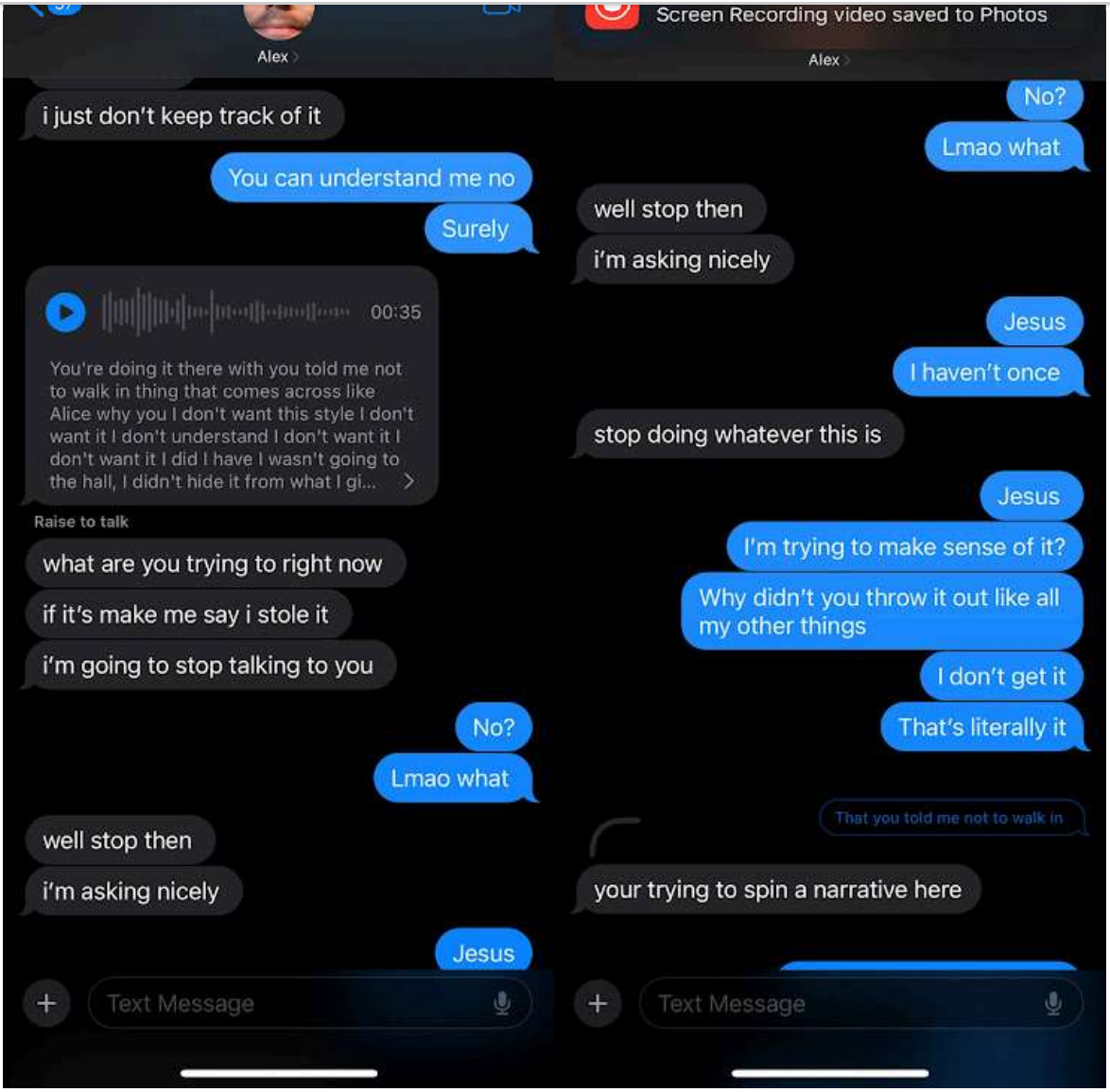
# Response - Read First


Alex
Looks cute on your shelf anyway
1 Reply
we can talk all day about where it was but i put it in my office so i can give it back
i am not holding it hostage
i swear
I have no idea what's even left there anymore
You didn't let me know
Text Message
Alex
?
it's a joke
come on
What
I'm confused
?
What's that?
I don't get it
i'm holding a knife to its head
Text Message

# Response - Read First

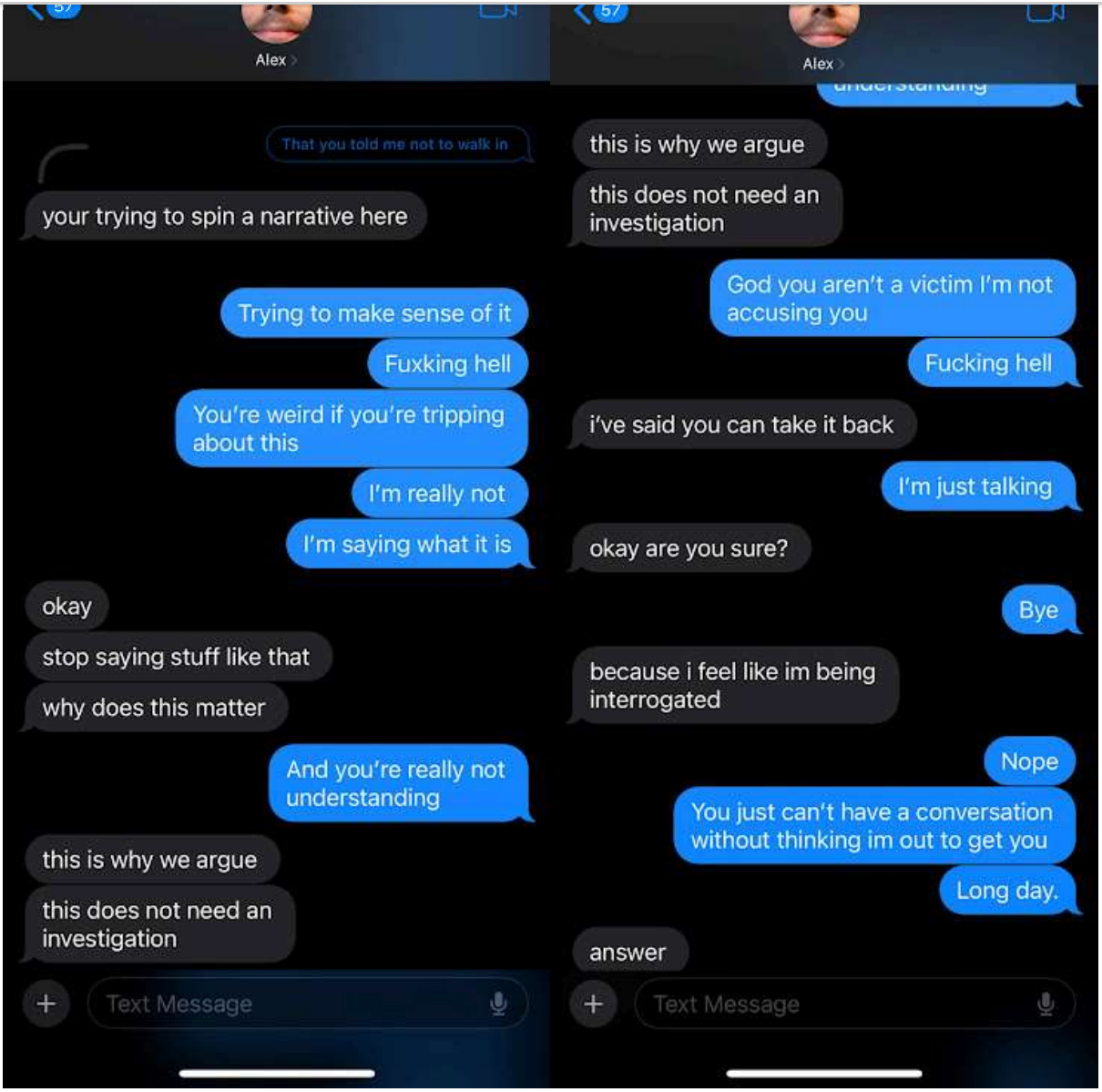

Alex
What's that?
I don't get it
i'm holding a knife to its head
Oh right
because your talking like i'm trying to keep this thing
? I'm not
00:39
I'm joking, it's a joke I'm not accusing you of anything. It was a joke like the whole t...
Raise to talk
I was trying to make sense of it
okay yeah it comes across like you're ignoring me for one
?
and you're accusing me of intentionally keeping it
Text Message
Alex
I was trying to make sense of it
okay yeah it comes across like you're ignoring me for one
?
and you're accusing me of intentionally keeping it
and because i am not really sure where it was
because it really is not important to me
In your room
it then comes across that in lying
That you told me not to walk in
1 Reply
but in reality
i just don't keep track of it
You can understand me no
Delivered
Text Message

# Response - Read First

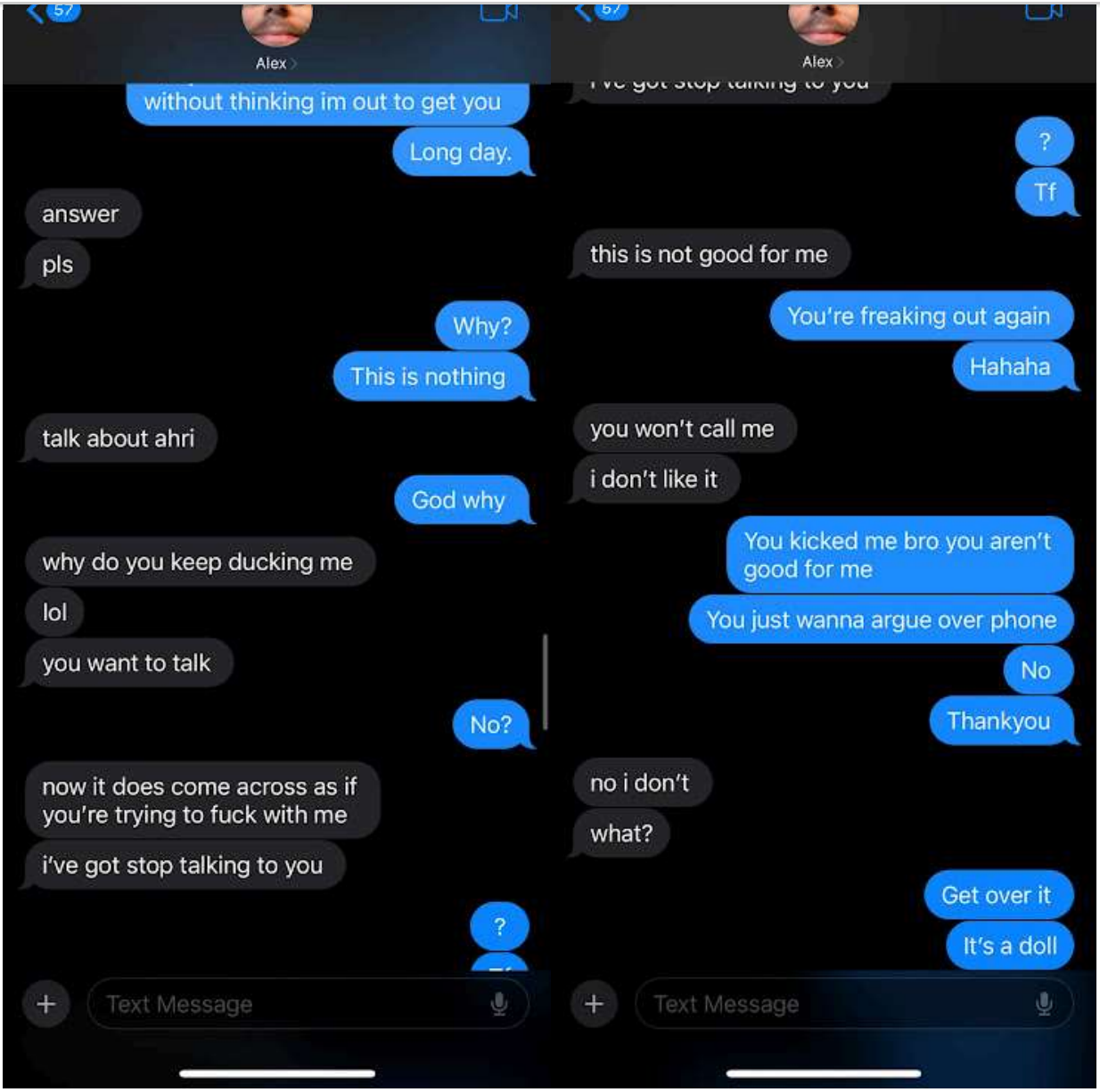

Alex
i just don't keep track of it
You can understand me no
Surely
00:35
You're doing it there with you told me not to walk in thing that comes across like Alice why you I don't want this style I don't want it I don't understand I don't want it I don't want it I did I have I wasn't going to the hall, I didn't hide it from what I gi...
Raise to talk
what are you trying to right now
if it's make me say i stole it
i'm going to stop talking to you
No?
Lmao what
well stop then
i'm asking nicely
Jesus
Text Message
Screen Recording video saved to Photos
Alex
No?
Lmao what
well stop then
i'm asking nicely
Jesus
I haven't once
stop doing whatever this is
Jesus
I'm trying to make sense of it?
Why didn't you throw it out like all my other things
I don't get it
That's literally it
That you told me not to walk in
your trying to spin a narrative here
Text Message

Hyper focusing thinking I'm going on thinking he stole it, when really I'm trying to make sense of why he told me i left it, to then tell me he moved it before I came to get my things, to then saying he put it in the bedroom he specifically told me not to go into.

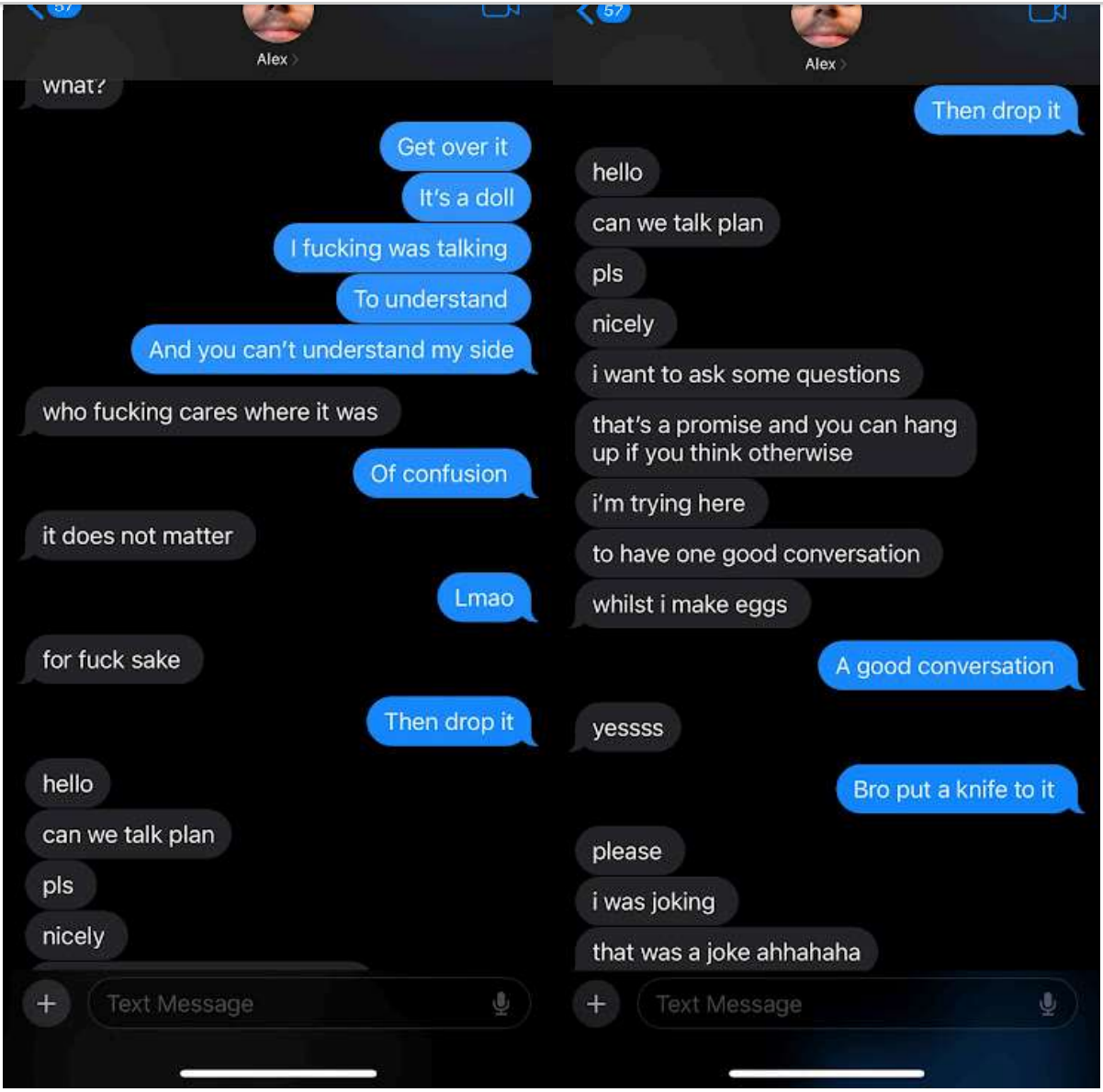
# Response - Read First


Alex
That you told me not to walk in
your trying to spin a narrative here
Trying to make sense of it
Fuxking hell
You're weird if you're tripping about this
I'm really not
I'm saying what it is
okay
stop saying stuff like that
why does this matter
And you're really not understanding
this is why we argue
this does not need an investigation
Text Message
Alex
this is why we argue
this does not need an investigation
God you aren't a victim I'm not accusing you
Fucking hell
i've said you can take it back
I'm just talking
okay are you sure?
Bye
because i feel like im being interrogated
Nope
You just can't have a conversation without thinking im out to get you
Long day.
answer
Text Message

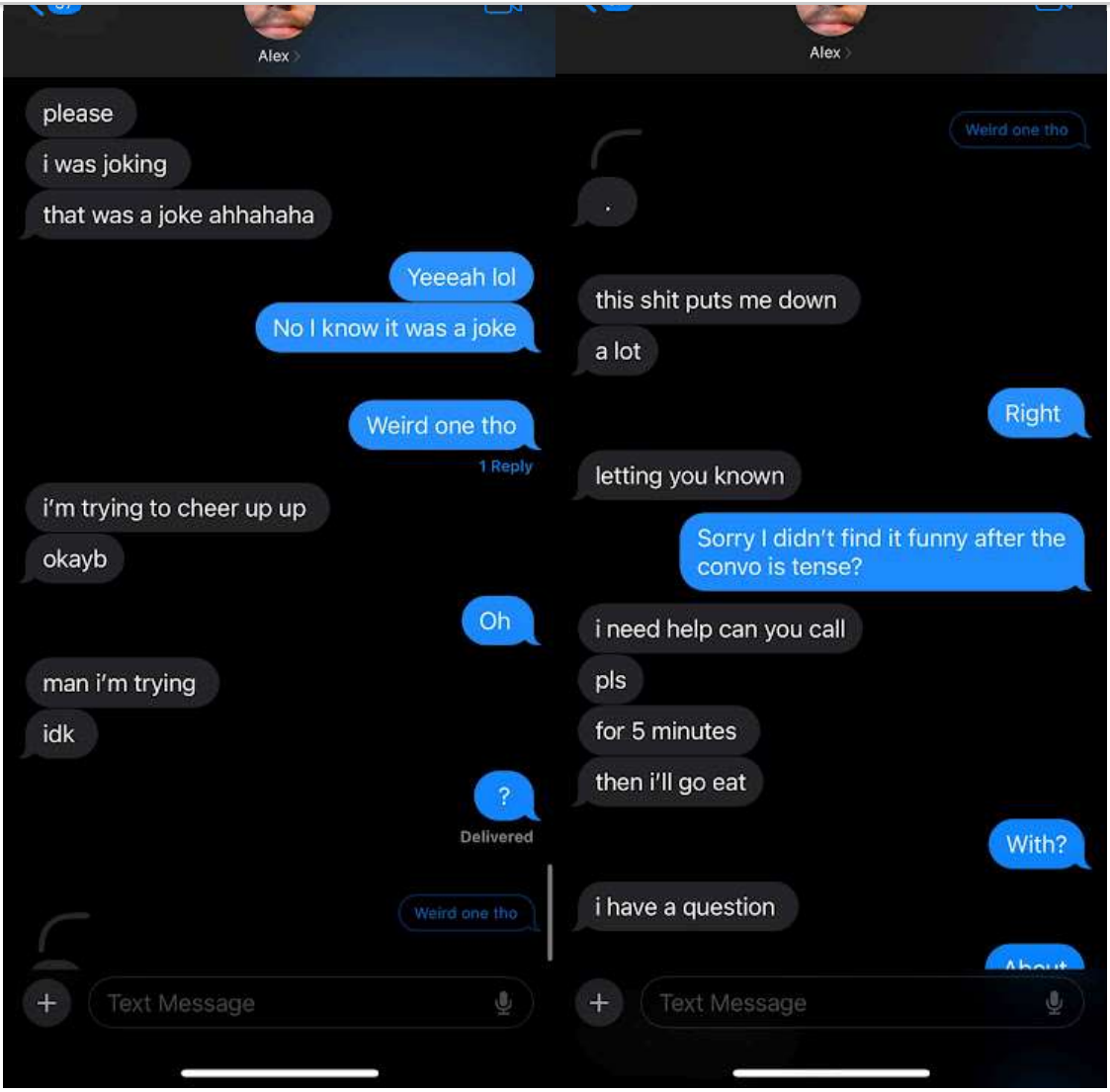
# Response - Read First



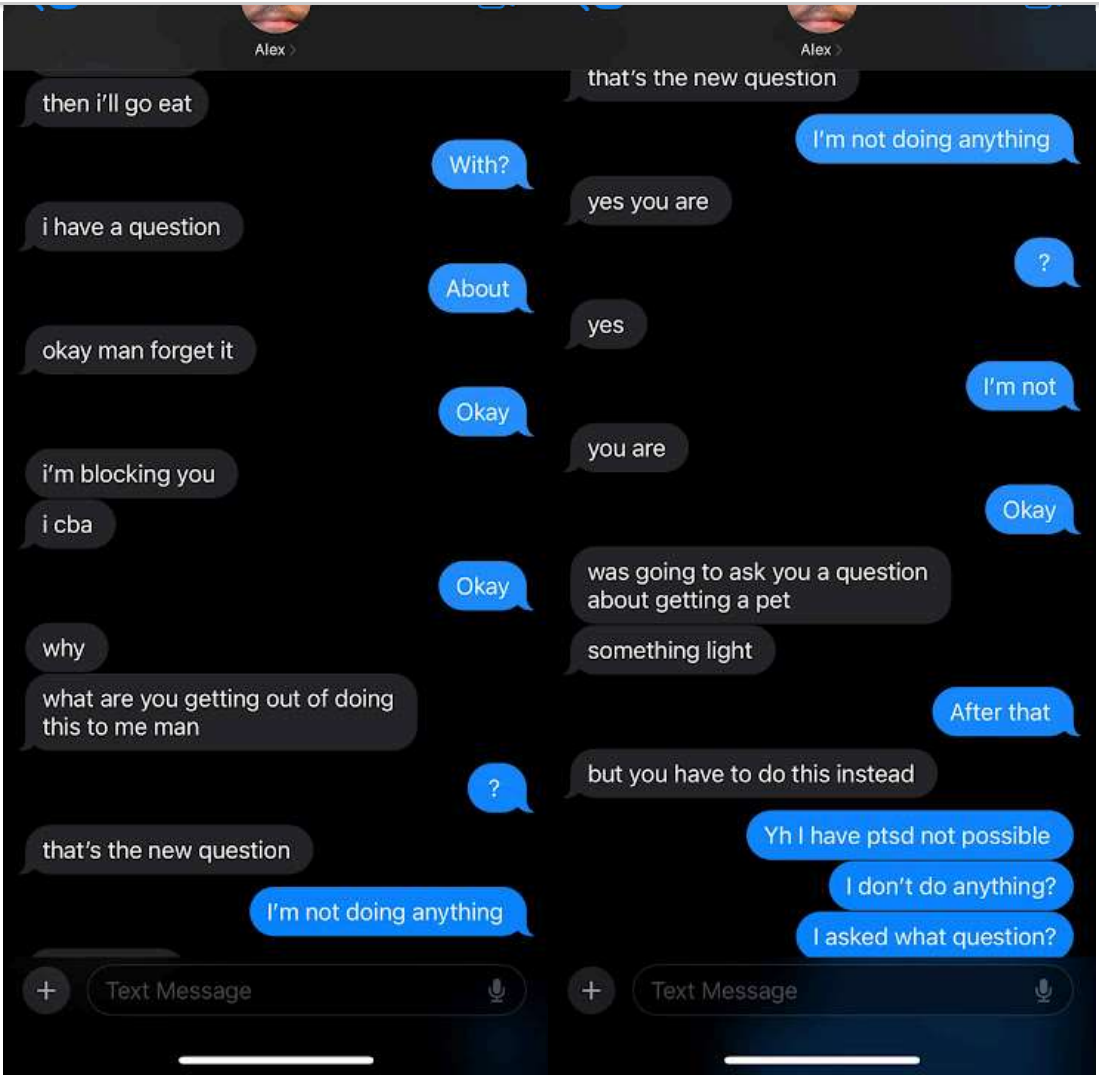
# Response - Read First



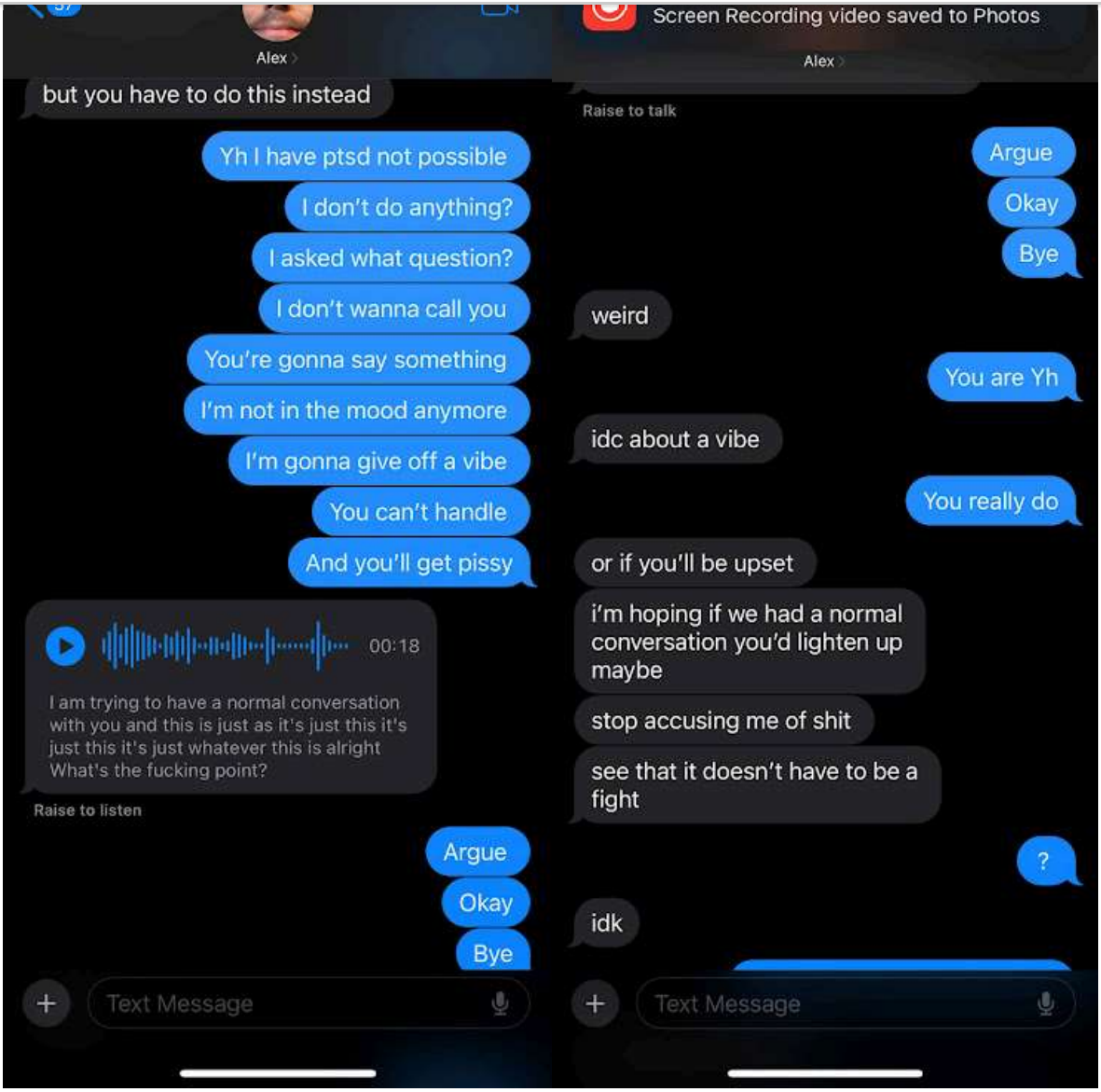
# Response - Read First



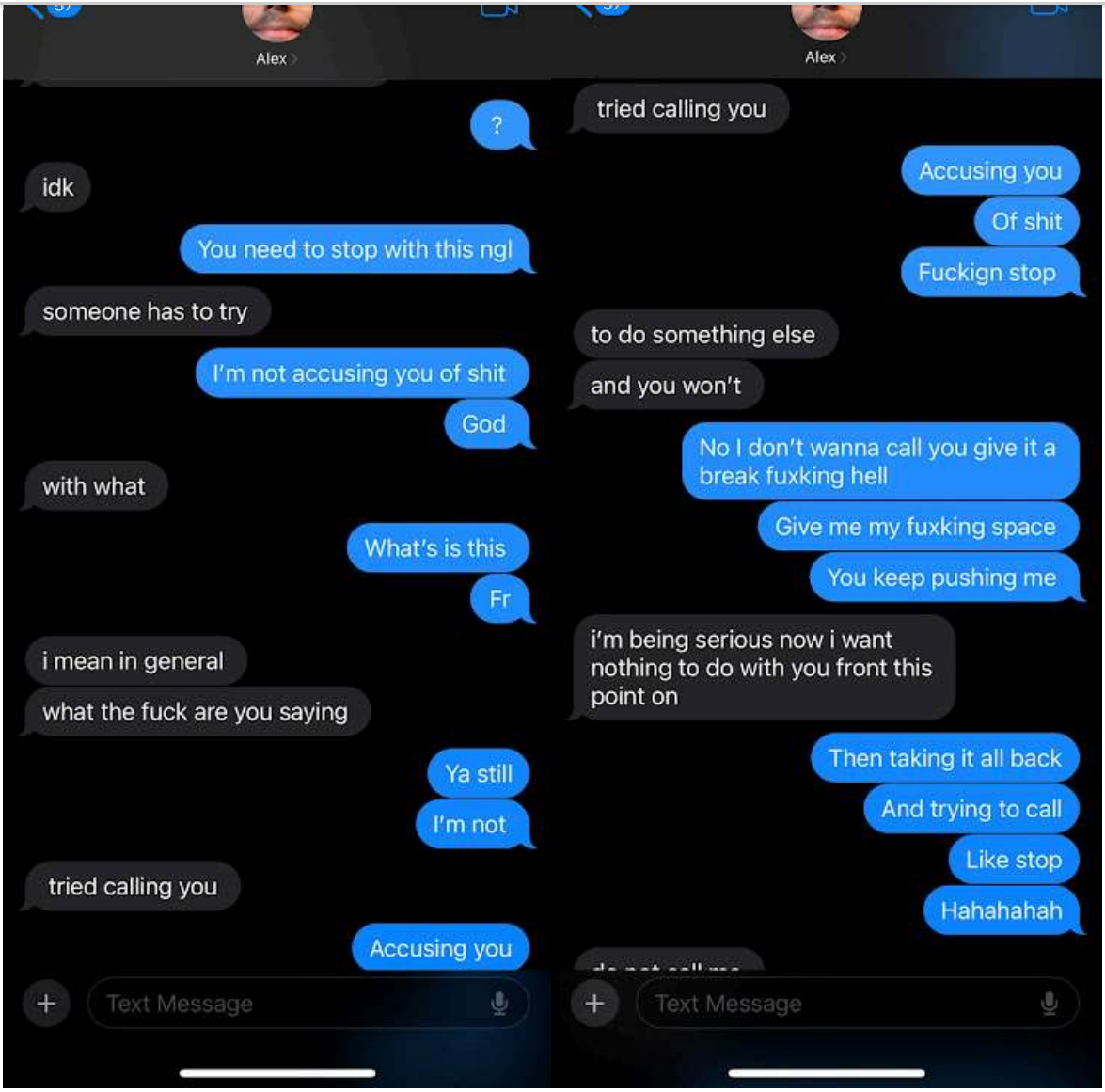
# Response - Read First



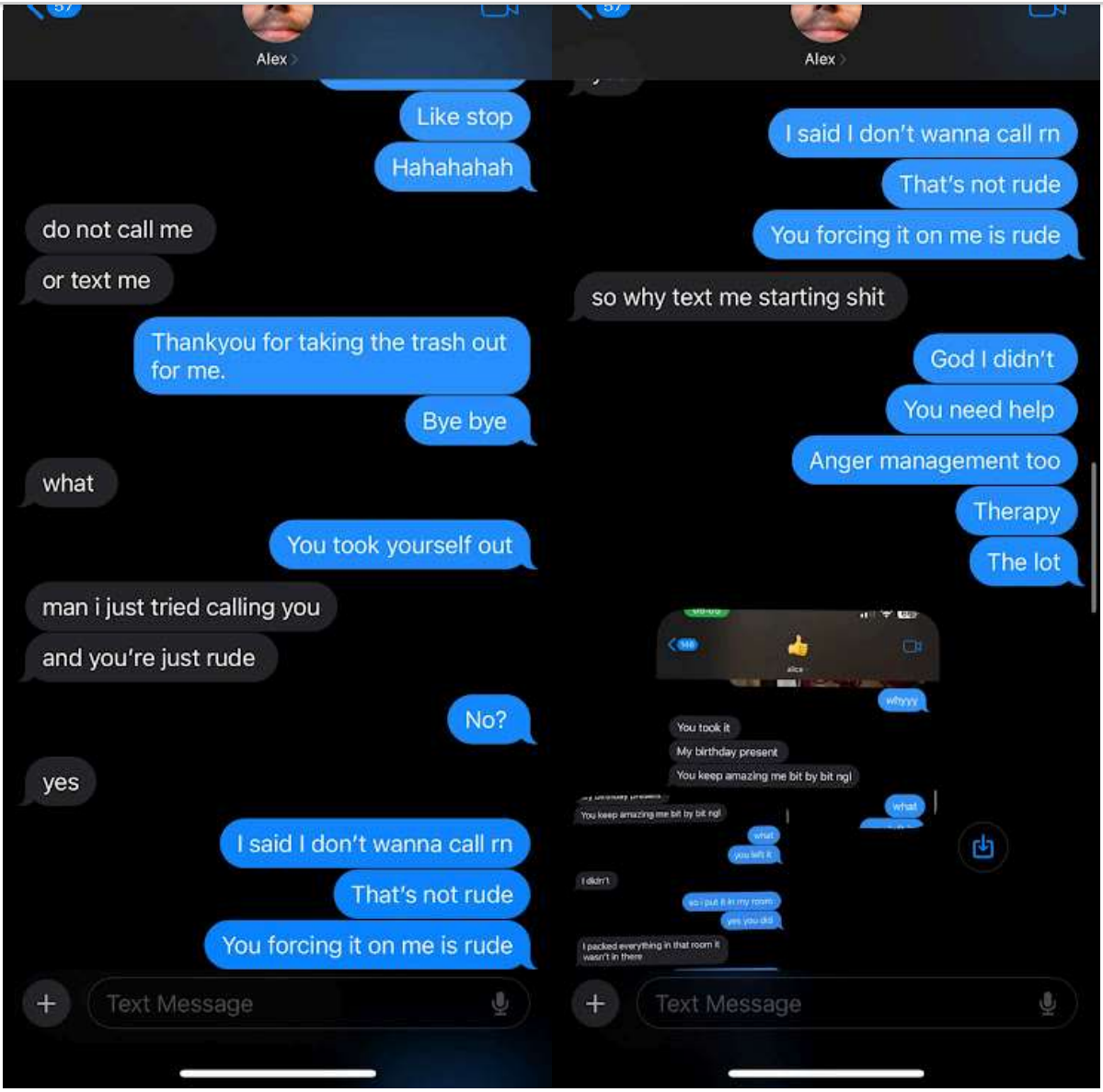
# Response - Read First


Alex
but you have to do this instead
Yh I have ptsd not possible
I don't do anything?
I asked what question?
I don't wanna call you
You're gonna say something
I'm not in the mood anymore
I'm gonna give off a vibe
You can't handle
And you'll get pissy
00:18
I am trying to have a normal conversation with you and this is just as it's just this it's just this it's just whatever this is alright What's the fucking point?
Raise to listen
Argue
Okay
Bye
Text Message
Screen Recording video saved to Photos
Alex
Raise to talk
Argue
Okay
Bye
weird
You are Yh
idc about a vibe
You really do
or if you'll be upset
i'm hoping if we had a normal conversation you'd lighten up maybe
stop accusing me of shit
see that it doesn't have to be a fight
?
idk
Text Message

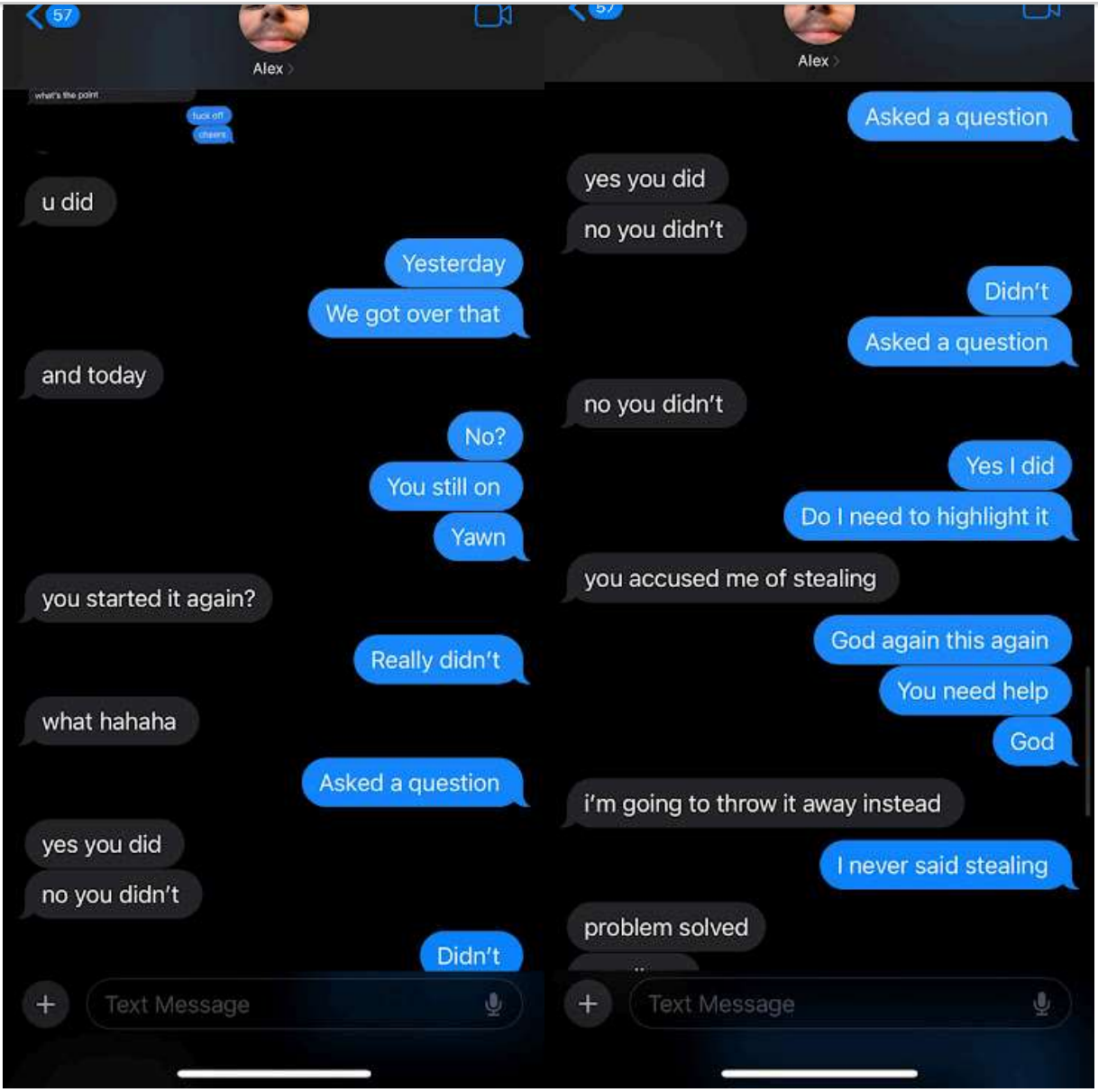
# Response - Read First



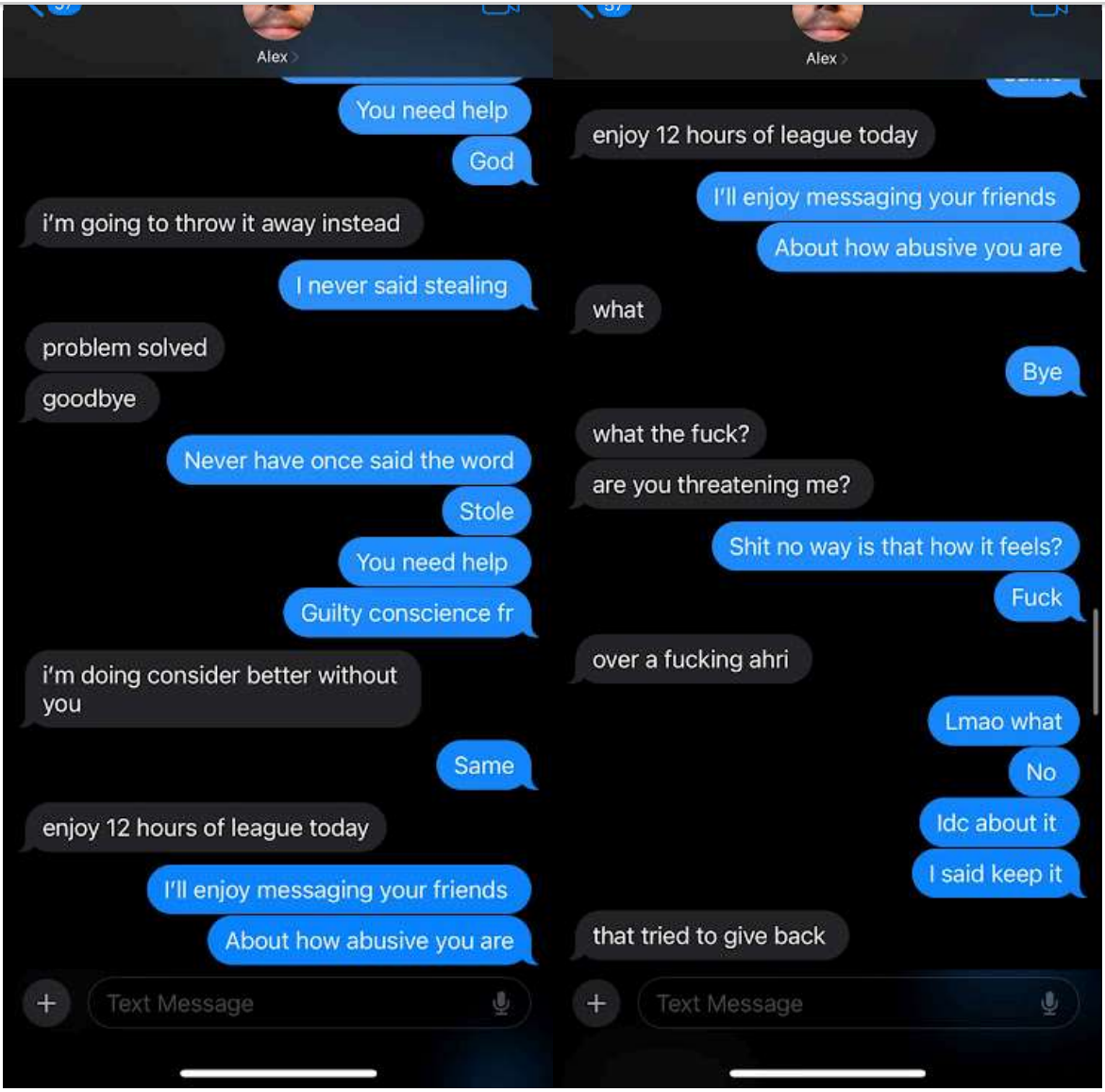
# Response - Read First



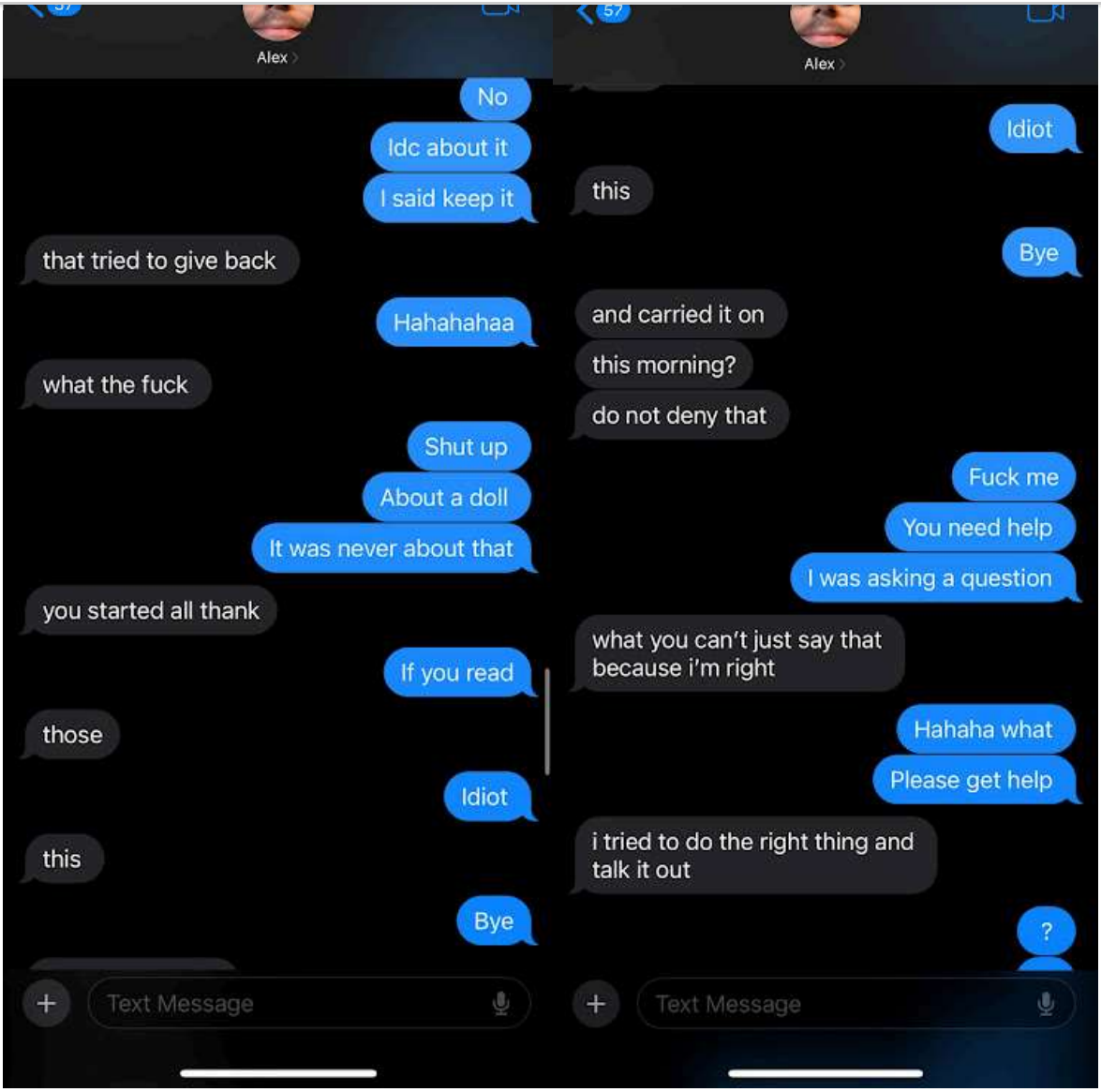
# Response - Read First



# Response - Read First



# Response - Read First

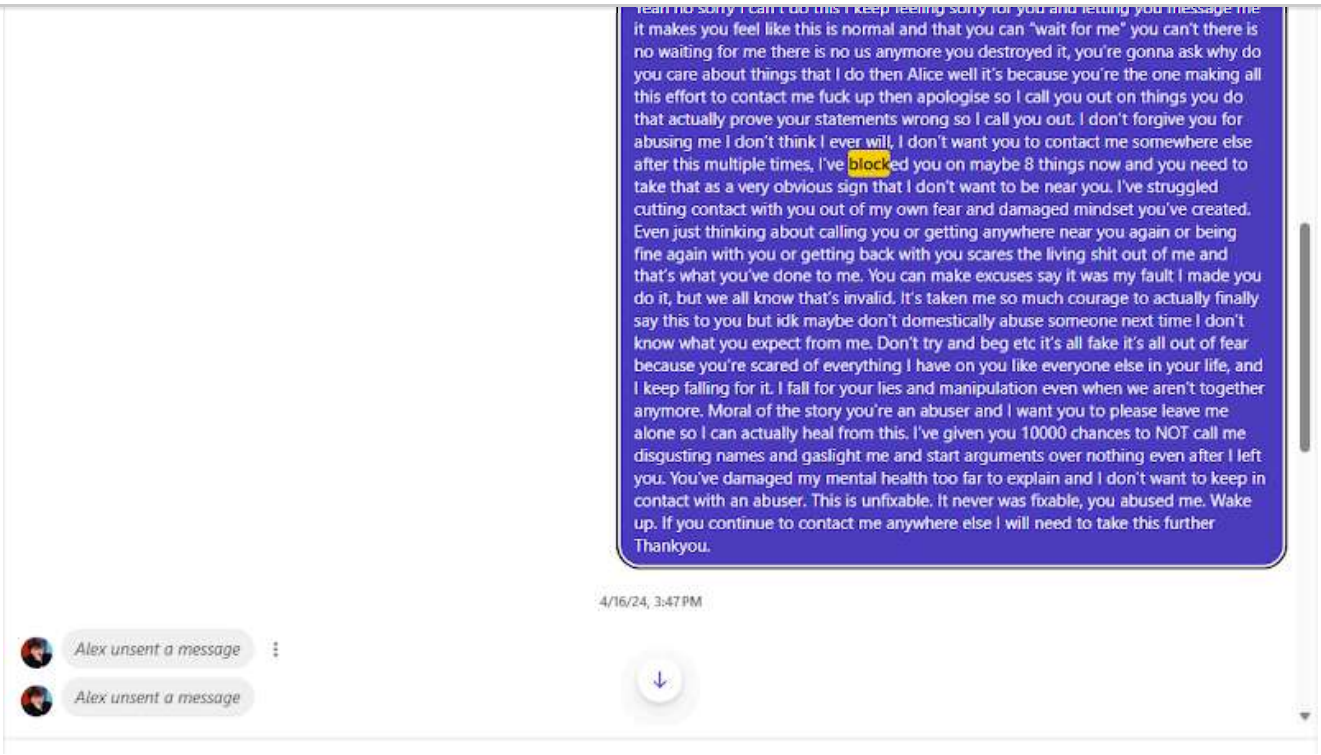


# Response - Read First

I saw him lying about this figure as a way to get me to come back to the house and it was triggering.

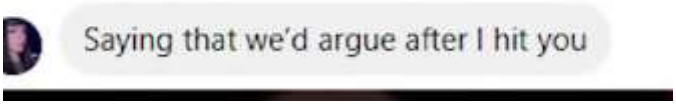
He claims I was **harassing** him, which is a lie. Alex messaged me, alex was always the one to message me, spam me, and go on multiple accounts to contact me. He was using tiktok, instagram, messenger, texts, emails,  i blocked him on every single one till he was only left on messenger as he begged me to keep him unblocked here. I don't wanna include everything I wrote and proved in my first statement. I want this response to have as much new information and less recycled as possible

# Response - Read First

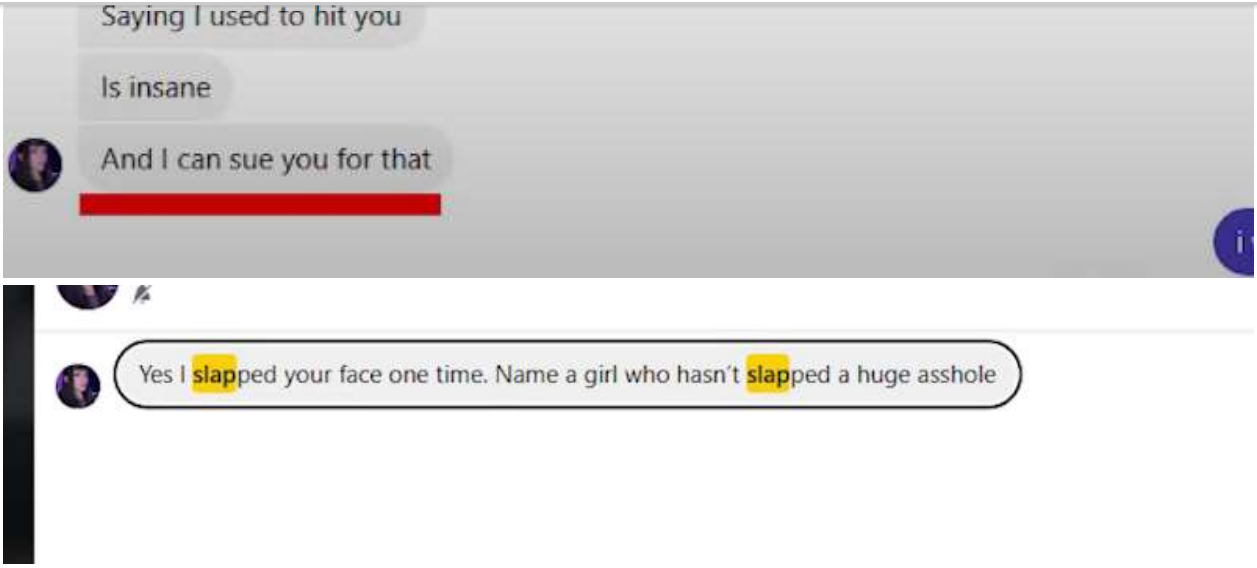

it makes you feel like this is normal and that you can "wait for me" you can't there is no waiting for me there is no us anymore you destroyed it, you're gonna ask why do you care about things that I do then Alice well it's because you're the one making all this effort to contact me fuck up then apologise so I call you out on things you do that actually prove your statements wrong so I call you out. I don't forgive you for abusing me I don't think I ever will, I don't want you to contact me somewhere else after this multiple times, I've blocked you on maybe 8 things now and you need to take that as a very obvious sign that I don't want to be near you. I've struggled cutting contact with you out of my own fear and damaged mindset you've created. Even just thinking about calling you or getting anywhere near you again or being fine again with you or getting back with you scares the living shit out of me and that's what you've done to me. You can make excuses say it was my fault I made you do it, but we all know that's invalid. It's taken me so much courage to actually finally say this to you but idk maybe don't domestically abuse someone next time I don't know what you expect from me. Don't try and beg etc it's all fake it's all out of fear because you're scared of everything I have on you like everyone else in your life, and I keep falling for it. I fall for your lies and manipulation even when we aren't together anymore. Moral of the story you're an abuser and I want you to please leave me alone so I can actually heal from this. I've given you 10000 chances to NOT call me disgusting names and gaslight me and start arguments over nothing even after I left you. You've damaged my mental health too far to explain and I don't want to keep in contact with an abuser. This is unfixable. It never was fixable, you abused me. Wake up. If you continue to contact me anywhere else I will need to take this further Thankyou.
4/16/24, 3:47 PM
Alex unsent a message
Alex unsent a message

Posting about healing is not harassing him. I'm allowed to talk about that.
Replying to tweets is not harassing him.

Alex claimed we'd argue after **I** hit him to his friends, this was a lie he had made.
He has now taken me admitting to slapping him **one time** in all those 8 months of dating and saying **I** can sue him for lying when yes **I** can, as he is lying, he said **I** "hit him all of the time and that is why we argued".



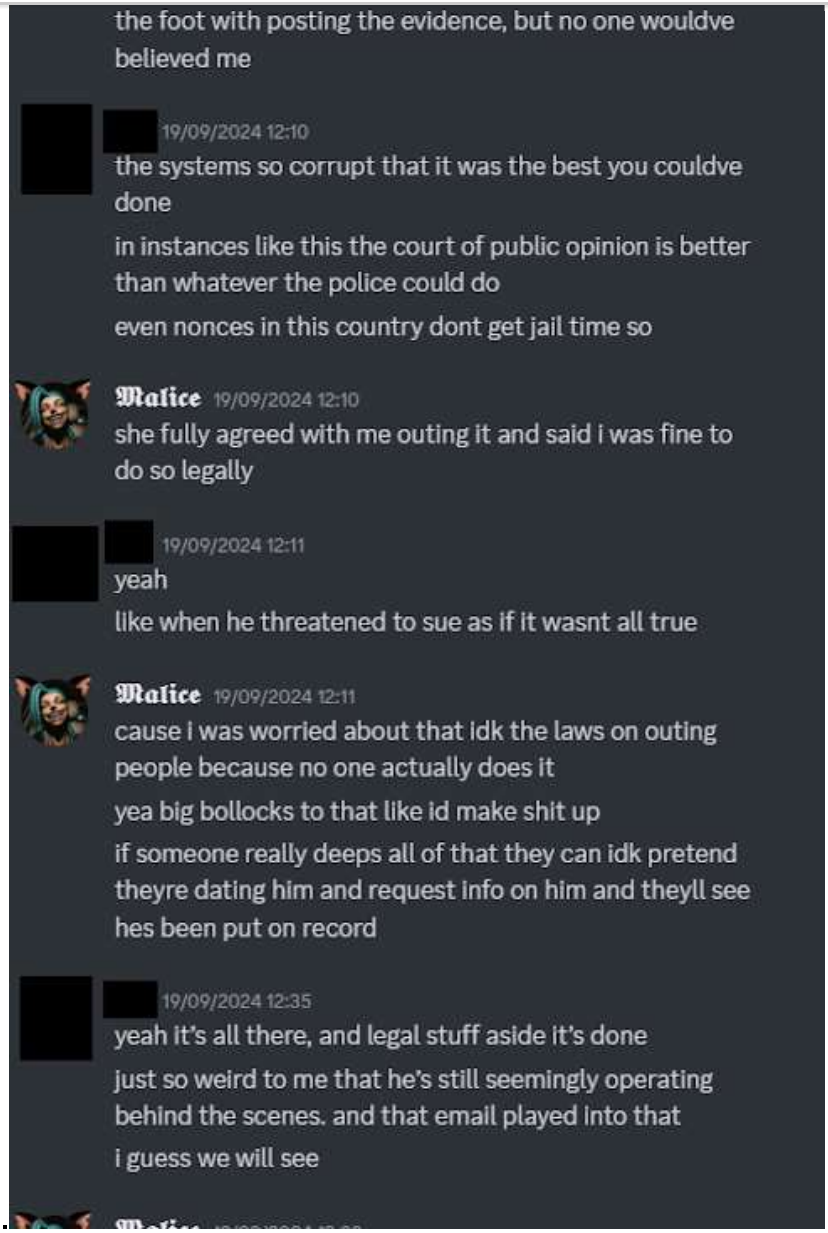
# Response - Read First


Saying I used to hit you
Is insane
And I can sue you for that
Yes I slapped your face one time. Name a girl who hasn't slapped a huge asshole

Not once in this message do i say **it's okay** for women to hit men for being an asshole, he has twisted my words after showing what i actually said.

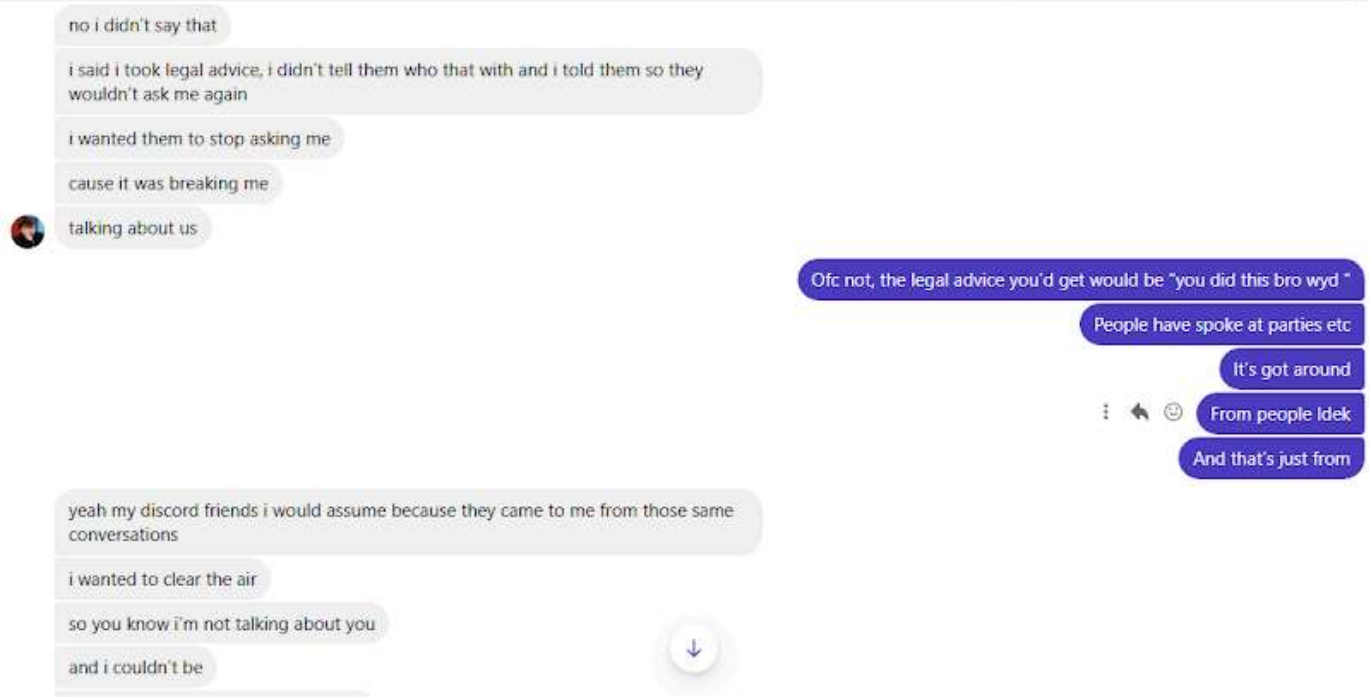
The whole conversation is in this document and I wanna add a little more context to this, me mentioning the ability to sue was in response to him as I knew he told his friends he had already tried to sue me, and had a letter through my door. This was a lie, he cannot do any of this as i was and

# Response - Read First

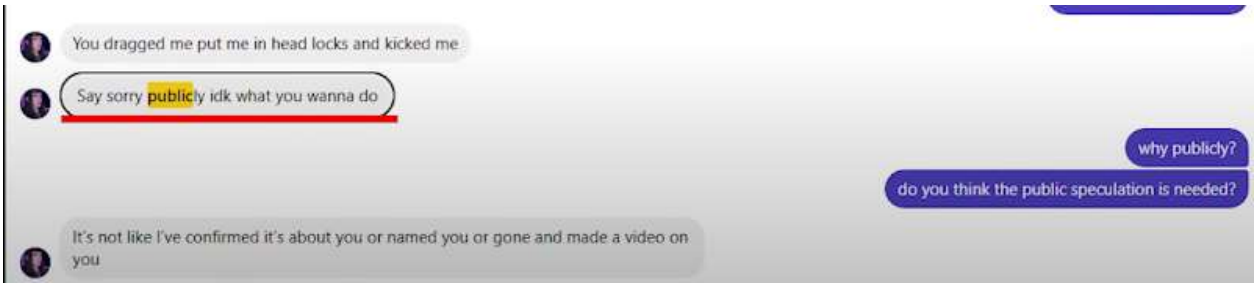

the foot with posting the evidence, but no one wouldve believed me
19/09/2024 12:10
the systems so corrupt that it was the best you couldve done
in instances like this the court of public opinion is better than whatever the police could do
even nonces in this country dont get jail time so
Malice 19/09/2024 12:10
she fully agreed with me outing it and said i was fine to do so legally
19/09/2024 12:11
yeah
like when he threatened to sue as if it wasnt all true
Malice 19/09/2024 12:11
cause i was worried about that idk the laws on outing people because no one actually does it
yea big bollocks to that like id make shit up
if someone really deeps all of that they can idk pretend theyre dating him and request info on him and theyll see hes been put on record
19/09/2024 12:35
yeah it's all there, and legal stuff aside it's done
just so weird to me that he's still seemingly operating behind the scenes. and that email played into that
i guess we will see

have not been lying.

# Response - Read First

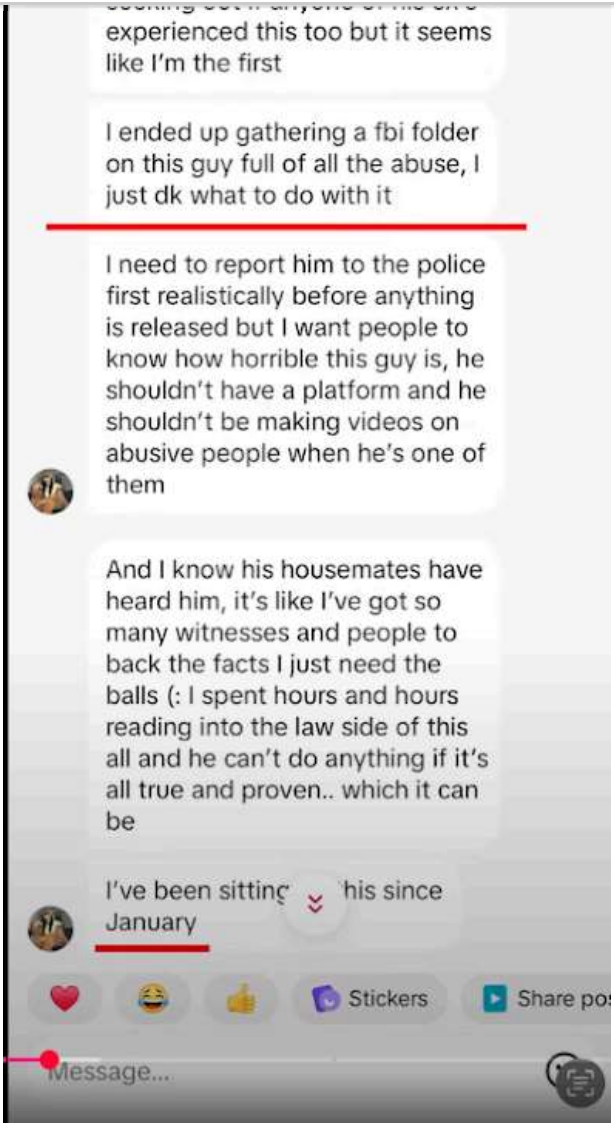

no i didn't say that
i said i took legal advice, i didn't tell them who that with and i told them so they wouldn't ask me again
i wanted them to stop asking me
cause it was breaking me
talking about us
Ofc not, the legal advice you'd get would be "you did this bro wyd "
People have spoke at parties etc
It's got around
From people Idek
And that's just from
yeah my discord friends i would assume because they came to me from those same conversations
i wanted to clear the air
so you know i'm not talking about you
and i couldn't be

Here he's lying, he did tell his friends that he will have a letter through my door to sue.


You dragged me put me in head locks and kicked me
Say sorry publicly idk what you wanna do
why publicly?
do you think the public speculation is needed?
It's not like I've confirmed it's about you or named you or gone and made a video on you

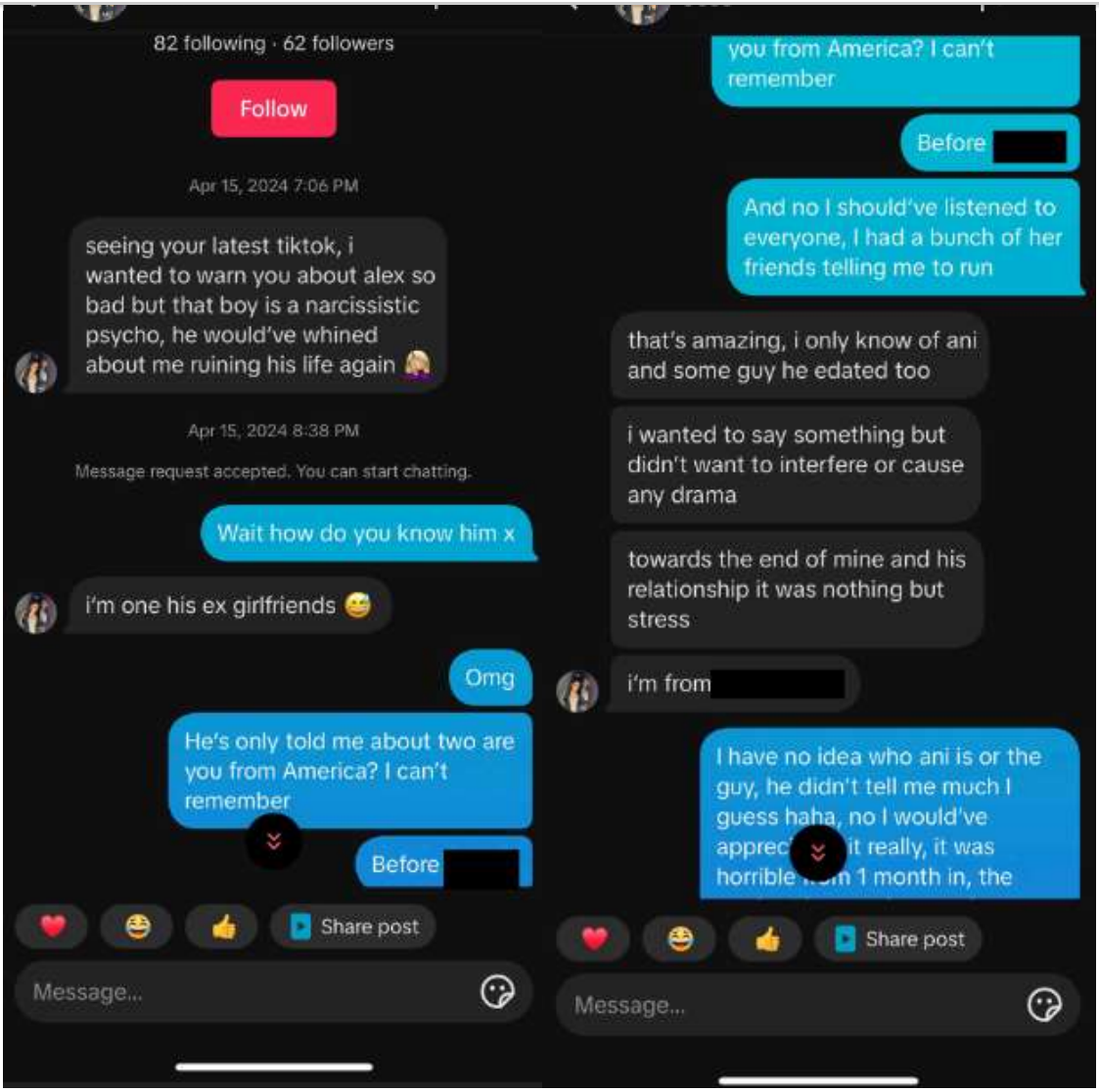
This was in response to my tiktoks, and I said this. Because yes if he has an issue with me talking about what I went through I said he can say sorry publicly, that is not for me i didn't want an apology from him at all but as his issue was the public speculation i suggested this to him. I don't want to be messaging him at this point and did not care for what he had to say.

# Response - Read First


experienced this too but it seems like I'm the first
I ended up gathering a fbi folder on this guy full of all the abuse, I just dk what to do with it
I need to report him to the police first realistically before anything is released but I want people to know how horrible this guy is, he shouldn't have a platform and he shouldn't be making videos on abusive people when he's one of them
And I know his housemates have heard him, it's like I've got so many witnesses and people to back the facts I just need the balls (: I spent hours and hours reading into the law side of this all and he can't do anything if it's all true and proven.. which it can be
I've been sitting his since January
Stickers
Message...

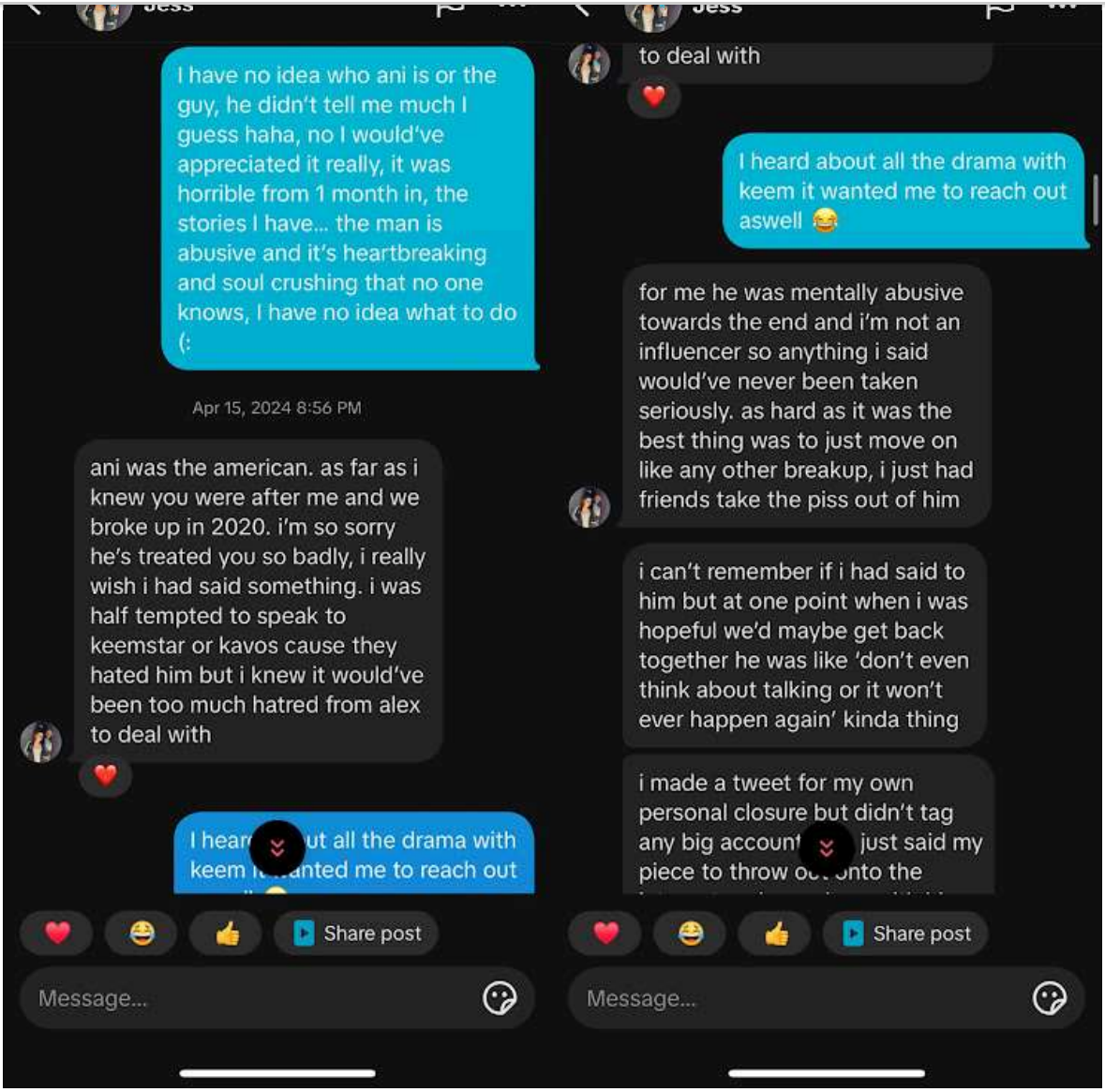
He then talks about messages between me and his ex Jess that she has given him. I wanna believe he manipulated her into doing this but that's their business and nothing to do with my story. Although the screenshot given twists my narrative, I will now share the whole conversation, while talking to his ex's and friends I am suggested many times to speak out about him. At this point in time he was harassing me and I was building up the courage to even go to the police since January which I finally did at the end of may the same time alex then stopped messaging me.

# Response - Read First

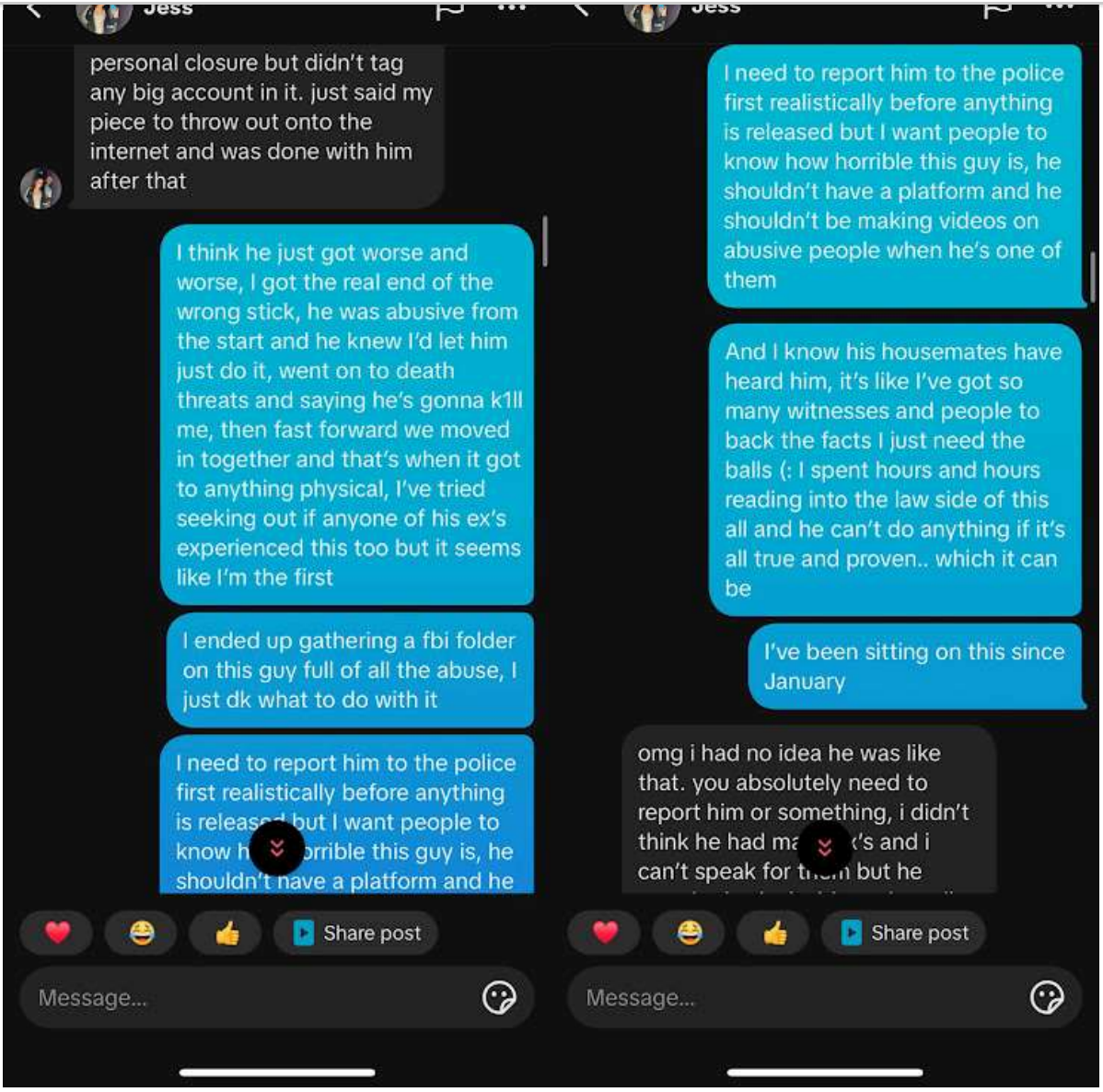

82 following · 62 followers
Follow
Apr 15, 2024 7:06 PM
seeing your latest tiktok, i wanted to warn you about alex so bad but that boy is a narcissistic psycho, he would've whined about me ruining his life again
Apr 15, 2024 8:38 PM
Message request accepted. You can start chatting.
Wait how do you know him x
i'm one his ex girlfriends
Omg
He's only told me about two are you from America? I can't remember
Before [redacted]
Share post
Message...
you from America? I can't remember
Before [redacted]
And no I should've listened to everyone, I had a bunch of her friends telling me to run
that's amazing, i only know of ani and some guy he edated too
i wanted to say something but didn't want to interfere or cause any drama
towards the end of mine and his relationship it was nothing but stress
i'm from [redacted]
I have no idea who ani is or the guy, he didn't tell me much I guess haha, no I would've appreci it really, it was horrible 1 month in, the
Share post
Message...

Im cutting out the name of his other ex that isn't public knowledge.

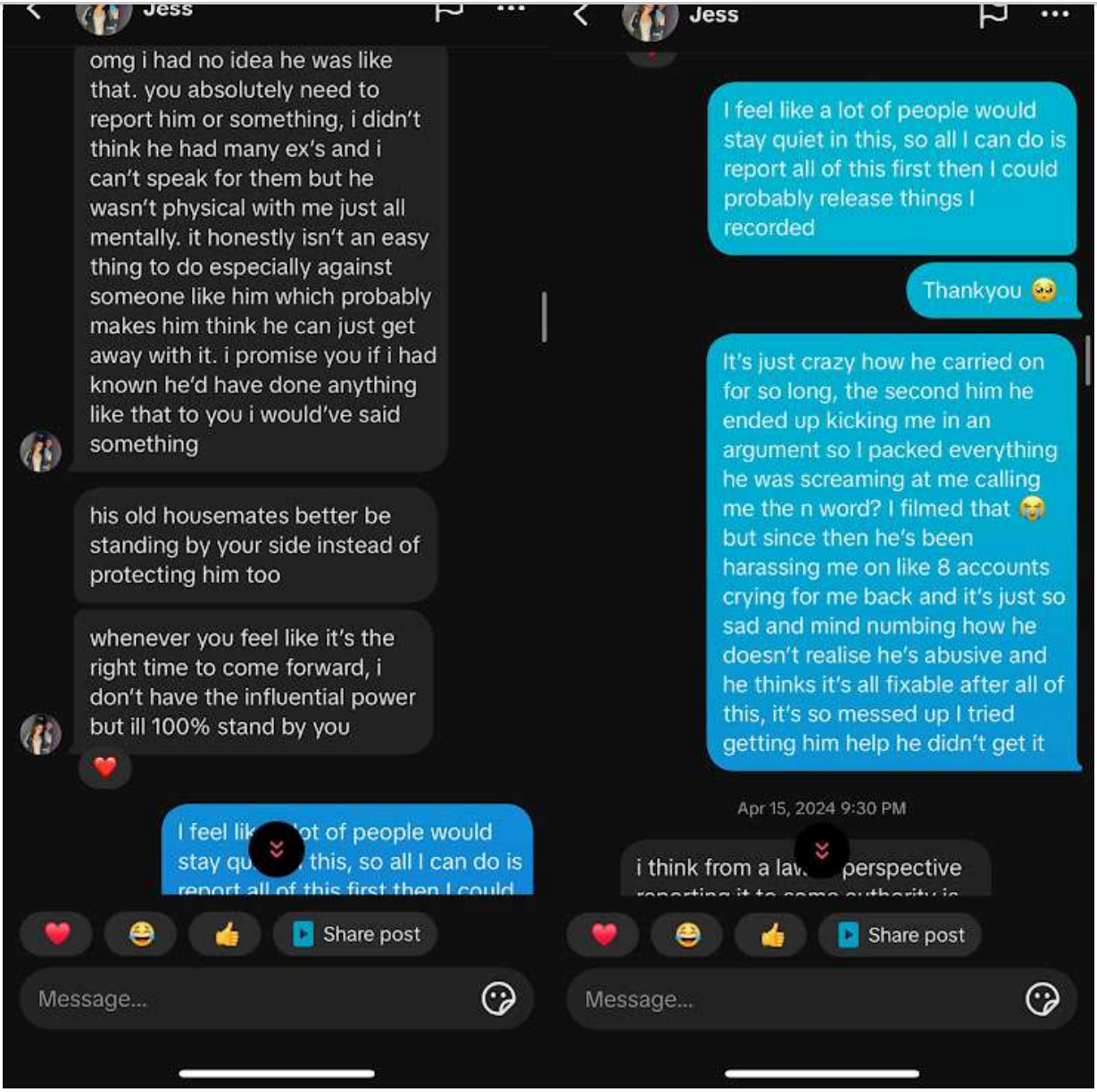
# Response - Read First


I have no idea who ani is or the guy, he didn't tell me much I guess haha, no I would've appreciated it really, it was horrible from 1 month in, the stories I have... the man is abusive and it's heartbreaking and soul crushing that no one knows, I have no idea what to do (:
Apr 15, 2024 8:56 PM
ani was the american. as far as i knew you were after me and we broke up in 2020. i'm so sorry he's treated you so badly, i really wish i had said something. i was half tempted to speak to keemstar or kavos cause they hated him but i knew it would've been too much hatred from alex to deal with
Share post
Message...
to deal with
I heard about all the drama with keem it wanted me to reach out aswell
for me he was mentally abusive towards the end and i'm not an influencer so anything i said would've never been taken seriously. as hard as it was the best thing was to just move on like any other breakup, i just had friends take the piss out of him
i can't remember if i had said to him but at one point when i was hopeful we'd maybe get back together he was like 'don't even think about talking or it won't ever happen again' kinda thing
i made a tweet for my own personal closure but didn't tag any big accoun just said my piece to throw o onto the
Share post
Message...

# Response - Read First


Jess
personal closure but didn't tag any big account in it. just said my piece to throw out onto the internet and was done with him after that
I think he just got worse and worse, I got the real end of the wrong stick, he was abusive from the start and he knew I'd let him just do it, went on to death threats and saying he's gonna k1ll me, then fast forward we moved in together and that's when it got to anything physical, I've tried seeking out if anyone of his ex's experienced this too but it seems like I'm the first
I ended up gathering a fbi folder on this guy full of all the abuse, I just dk what to do with it
I need to report him to the police first realistically before anything is releas but I want people to know h rrible this guy is, he shouldn't have a platform and he
Share post
Message...
Jess
I need to report him to the police first realistically before anything is released but I want people to know how horrible this guy is, he shouldn't have a platform and he shouldn't be making videos on abusive people when he's one of them
And I know his housemates have heard him, it's like I've got so many witnesses and people to back the facts I just need the balls (: I spent hours and hours reading into the law side of this all and he can't do anything if it's all true and proven.. which it can be
I've been sitting on this since January
omg i had no idea he was like that. you absolutely need to report him or something, i didn't think he had ma s and i can't speak for t but he
Share post
Message...

# Response - Read First


Jess
omg i had no idea he was like that. you absolutely need to report him or something, i didn't think he had many ex's and i can't speak for them but he wasn't physical with me just all mentally. it honestly isn't an easy thing to do especially against someone like him which probably makes him think he can just get away with it. i promise you if i had known he'd have done anything like that to you i would've said something
his old housemates better be standing by your side instead of protecting him too
whenever you feel like it's the right time to come forward, i don't have the influential power but ill 100% stand by you
Share post
Message...
Jess
I feel like a lot of people would stay quiet in this, so all I can do is report all of this first then I could probably release things I recorded
Thankyou
It's just crazy how he carried on for so long, the second him he ended up kicking me in an argument so I packed everything he was screaming at me calling me the n word? I filmed that but since then he's been harassing me on like 8 accounts crying for me back and it's just so sad and mind numbing how he doesn't realise he's abusive and he thinks it's all fixable after all of this, it's so messed up I tried getting him help he didn't get it
Apr 15, 2024 9:30 PM
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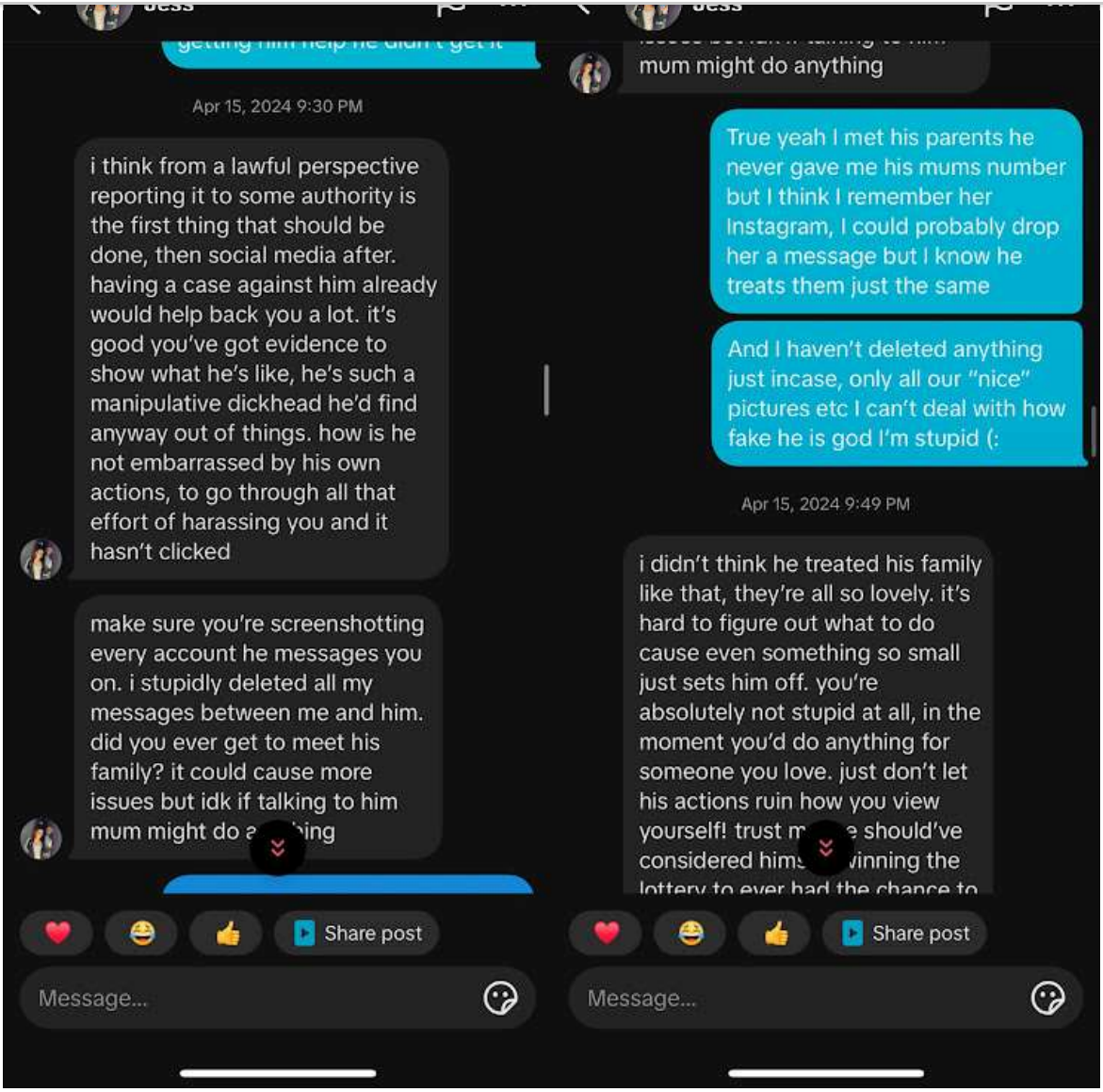
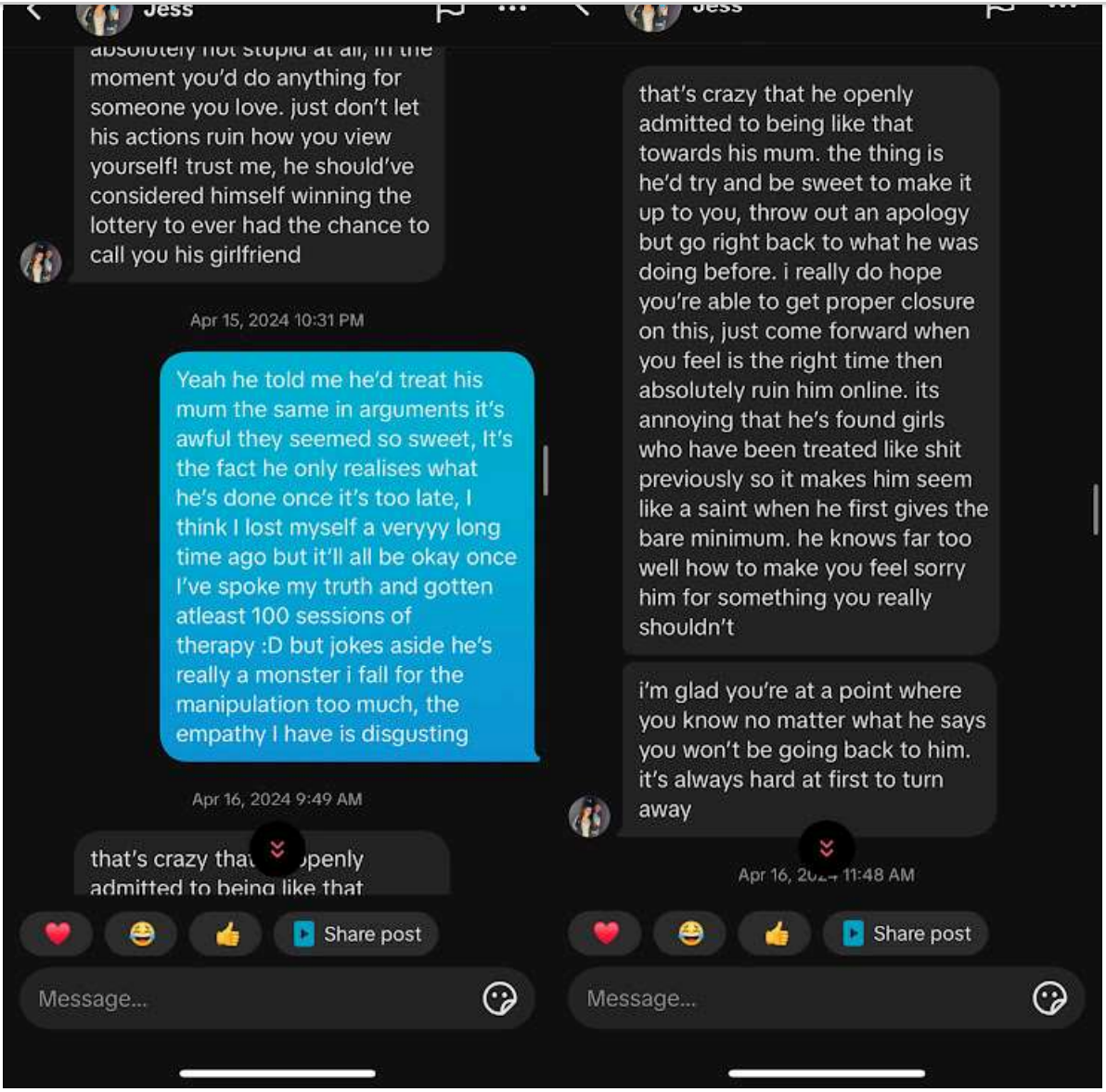
Message...

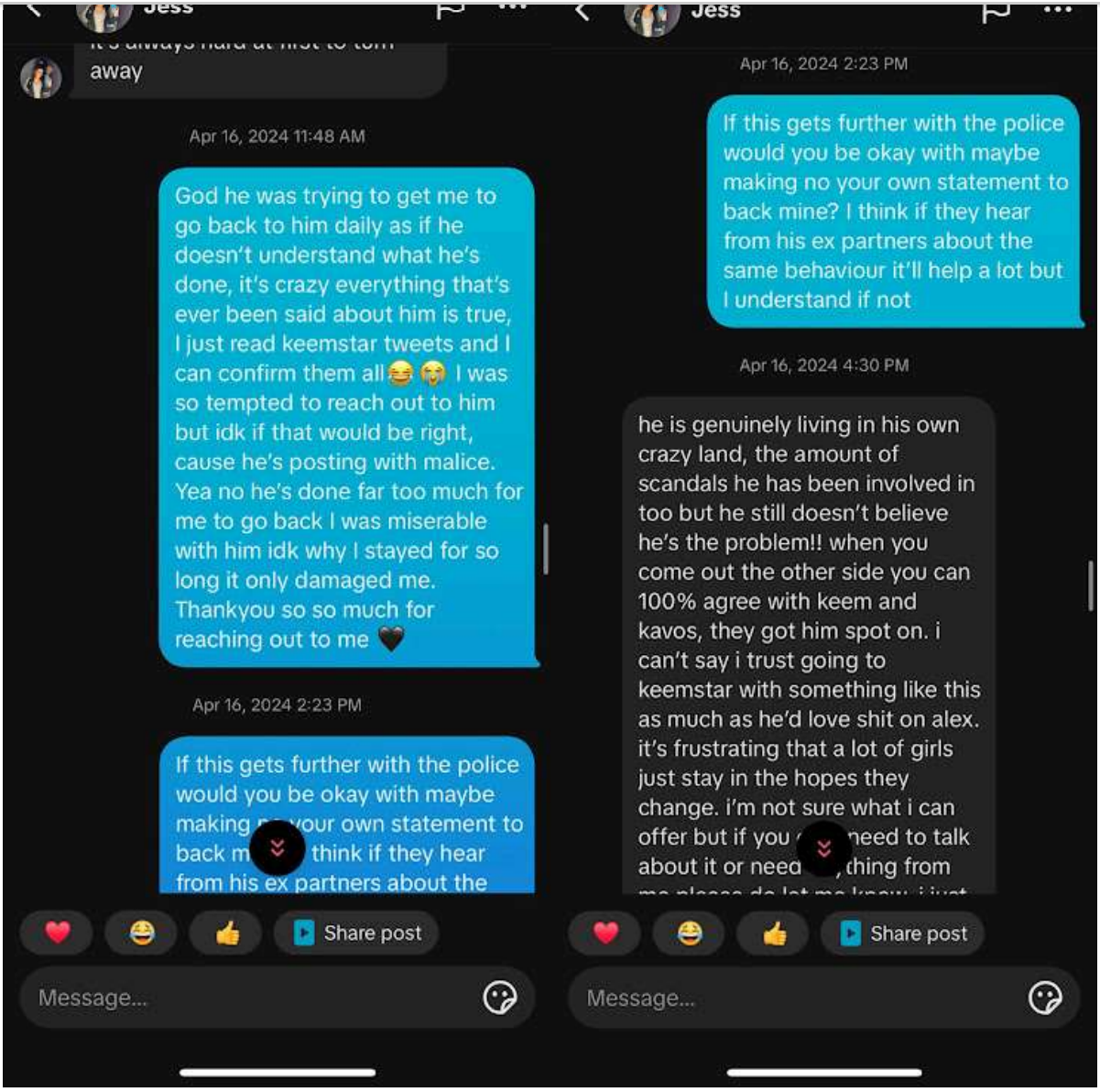
# Response - Read First


Apr 15, 2024 9:30 PM
i think from a lawful perspective reporting it to some authority is the first thing that should be done, then social media after. having a case against him already would help back you a lot. it's good you've got evidence to show what he's like, he's such a manipulative dickhead he'd find anyway out of things. how is he not embarrassed by his own actions, to go through all that effort of harassing you and it hasn't clicked
make sure you're screenshotting every account he messages you on. i stupidly deleted all my messages between me and him. did you ever get to meet his family? it could cause more issues but idk if talking to him mum might do a ing
Share post
Message...
mum might do anything
True yeah I met his parents he never gave me his mums number but I think I remember her Instagram, I could probably drop her a message but I know he treats them just the same
And I haven't deleted anything just incase, only all our "nice" pictures etc I can't deal with how fake he is god I'm stupid (:
Apr 15, 2024 9:49 PM
i didn't think he treated his family like that, they're all so lovely. it's hard to figure out what to do cause even something so small just sets him off. you're absolutely not stupid at all, in the moment you'd do anything for someone you love. just don't let his actions ruin how you view yourself! trust m e should've considered hims winning the
Share post
Message...

# Response - Read First

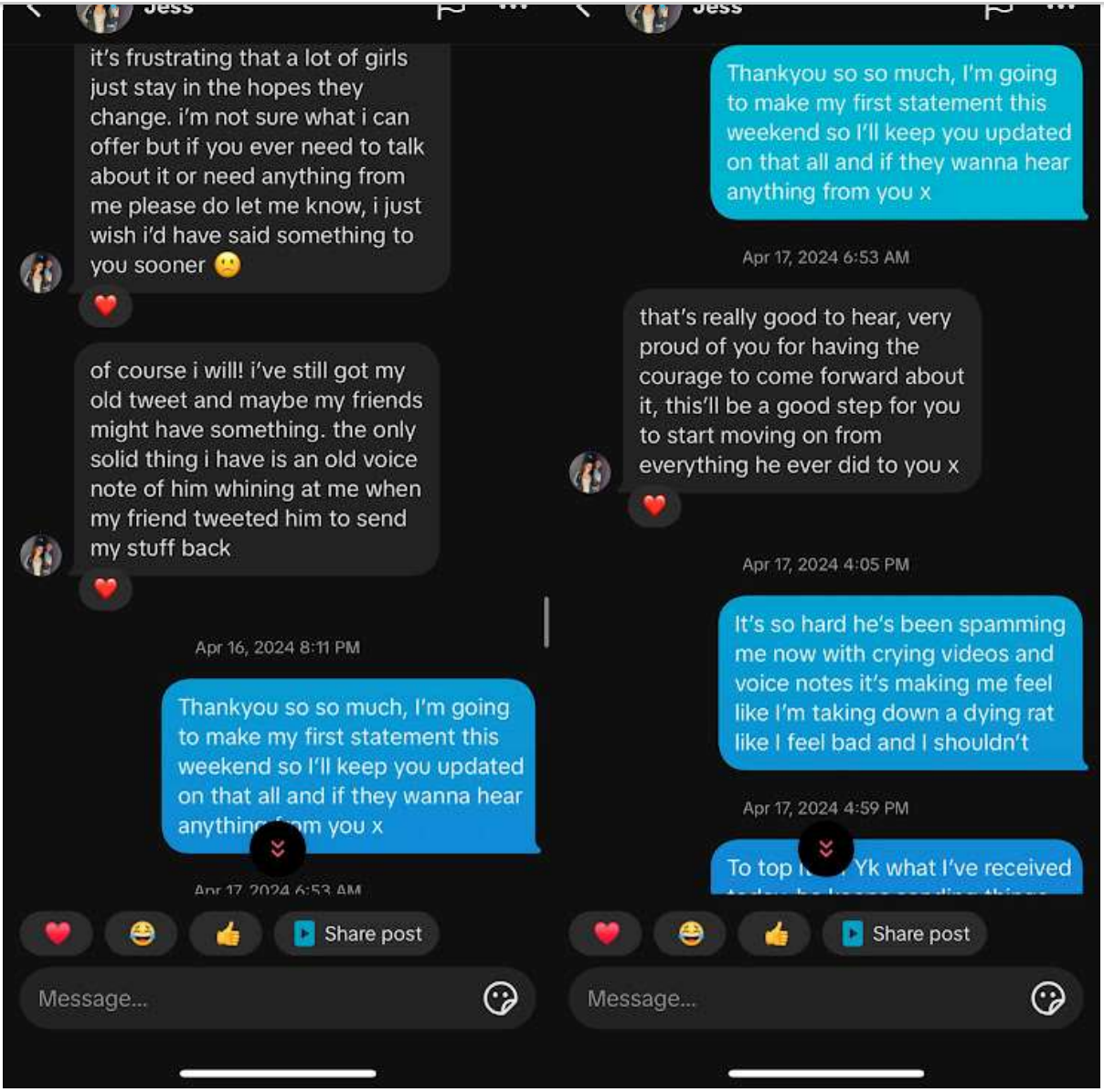

Jess
moment you'd do anything for someone you love. just don't let his actions ruin how you view yourself! trust me, he should've considered himself winning the lottery to ever had the chance to call you his girlfriend
Apr 15, 2024 10:31 PM
Yeah he told me he'd treat his mum the same in arguments it's awful they seemed so sweet, It's the fact he only realises what he's done once it's too late, I think I lost myself a veryyy long time ago but it'll all be okay once I've spoke my truth and gotten atleast 100 sessions of therapy :D but jokes aside he's really a monster i fall for the manipulation too much, the empathy I have is disgusting
Apr 16, 2024 9:49 AM
Share post
Message...
Jess
that's crazy that he openly admitted to being like that towards his mum. the thing is he'd try and be sweet to make it up to you, throw out an apology but go right back to what he was doing before. i really do hope you're able to get proper closure on this, just come forward when you feel is the right time then absolutely ruin him online. its annoying that he's found girls who have been treated like shit previously so it makes him seem like a saint when he first gives the bare minimum. he knows far too well how to make you feel sorry him for something you really shouldn't
i'm glad you're at a point where you know no matter what he says you won't be going back to him. it's always hard at first to turn away
Apr 16, 2024 11:48 AM
Share post
Message...

# Response - Read First

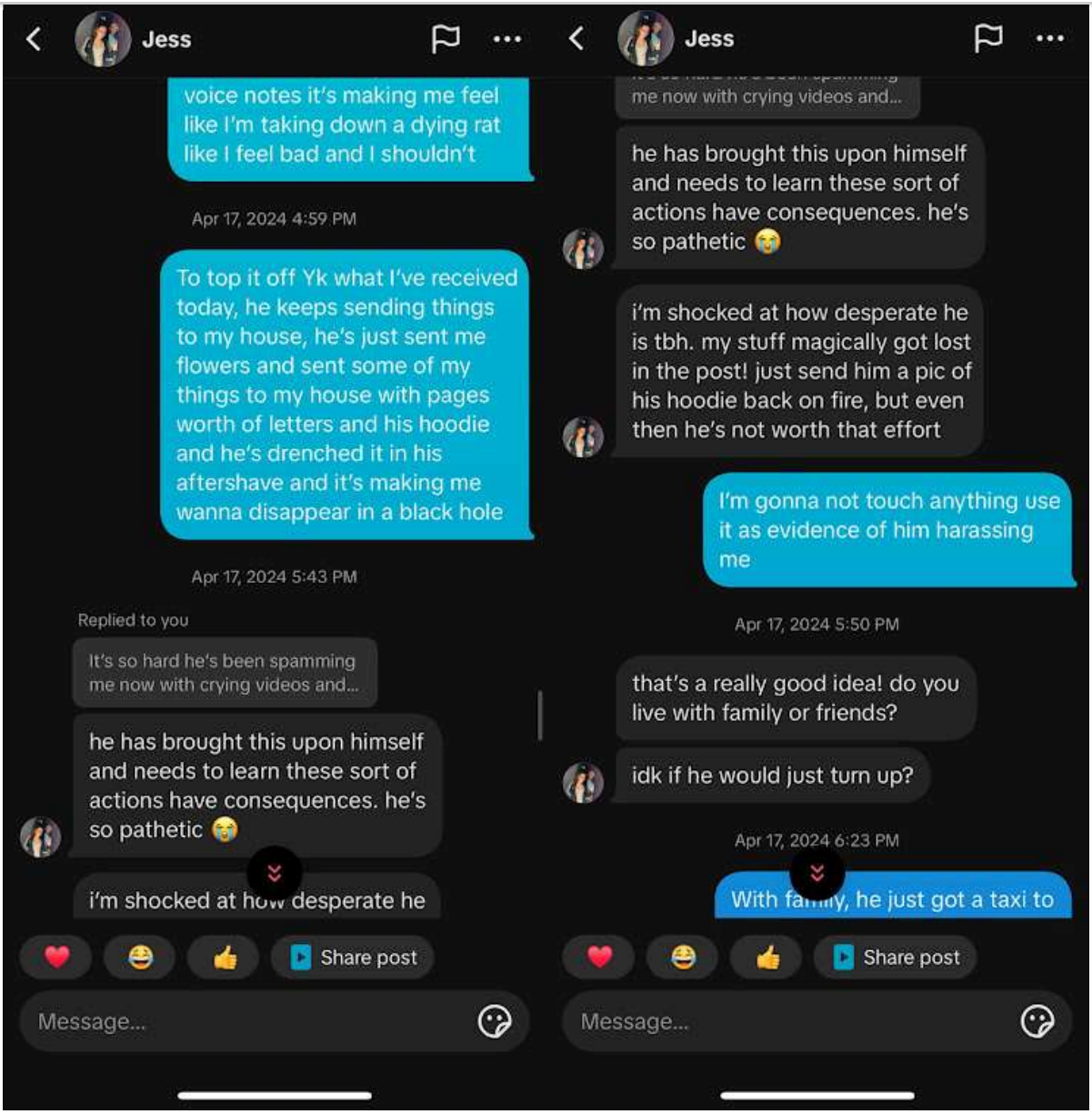

Jess
away
Apr 16, 2024 11:48 AM
God he was trying to get me to go back to him daily as if he doesn't understand what he's done, it's crazy everything that's ever been said about him is true, I just read keemstar tweets and I can confirm them all 😂😭 I was so tempted to reach out to him but idk if that would be right, cause he's posting with malice. Yea no he's done far too much for me to go back I was miserable with him idk why I stayed for so long it only damaged me. Thankyou so so much for reaching out to me 🖤
Apr 16, 2024 2:23 PM
If this gets further with the police would you be okay with maybe making
your own statement to back m
think if they hear from his ex partners about the
Share post
Message...
Jess
Apr 16, 2024 2:23 PM
If this gets further with the police would you be okay with maybe making no your own statement to back mine? I think if they hear from his ex partners about the same behaviour it'll help a lot but I understand if not
Apr 16, 2024 4:30 PM
he is genuinely living in his own crazy land, the amount of scandals he has been involved in too but he still doesn't believe he's the problem!! when you come out the other side you can 100% agree with keem and kavos, they got him spot on. i can't say i trust going to keemstar with something like this as much as he'd love shit on alex. it's frustrating that a lot of girls just stay in the hopes they change. i'm not sure what i can offer but if you
need to talk about it or need
thing from
Share post
Message...

I mention being able to confirm tweets made about him as Alex would tell me these things and always talked about people he hated. Before dating Alex I knew **nothing** about all of the drama he was ever in before so I had a look after I left him.

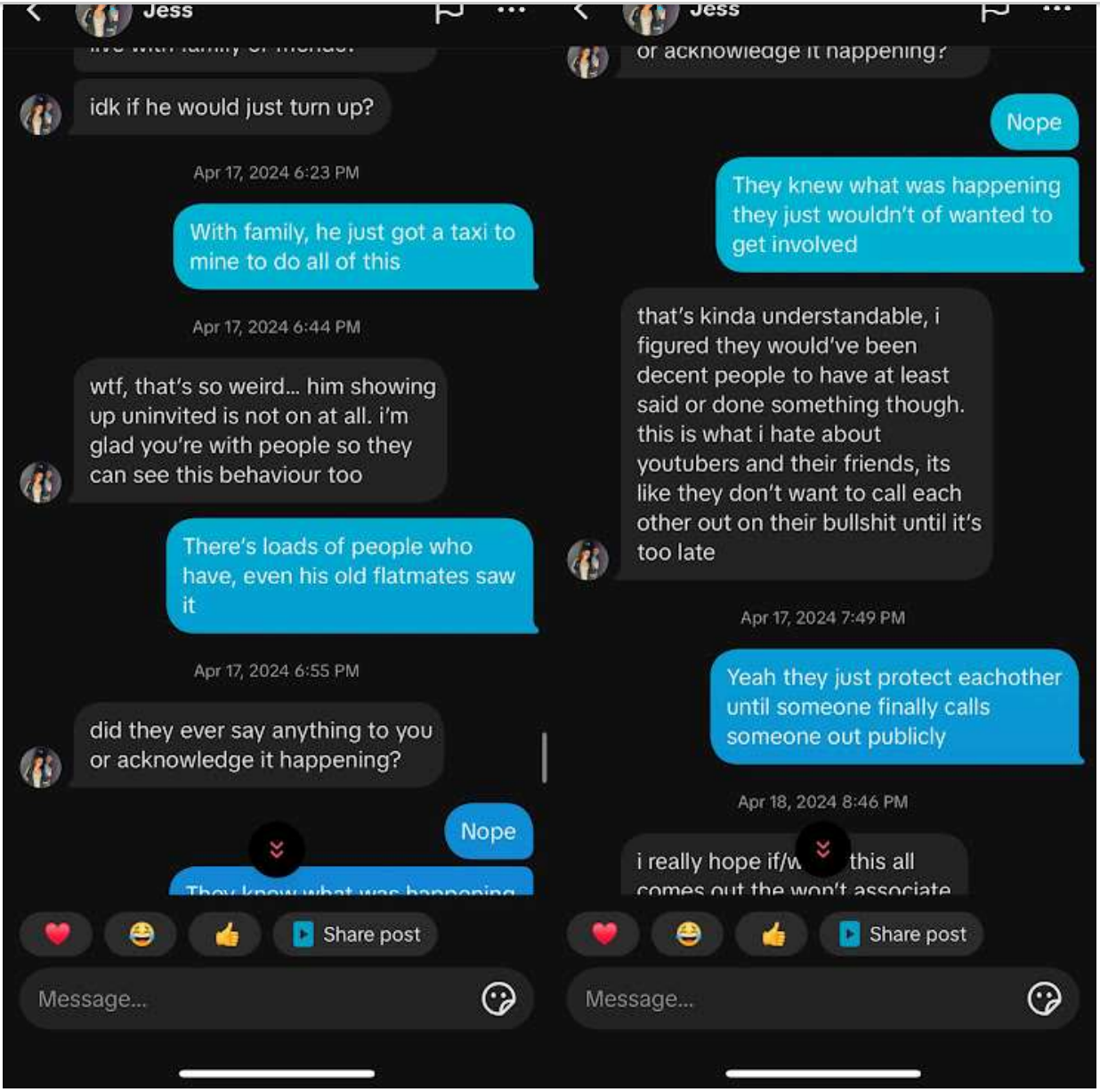
# Response - Read First


Jess
it's frustrating that a lot of girls just stay in the hopes they change. i'm not sure what i can offer but if you ever need to talk about it or need anything from me please do let me know, i just wish i'd have said something to you sooner
of course i will! i've still got my old tweet and maybe my friends might have something. the only solid thing i have is an old voice note of him whining at me when my friend tweeted him to send my stuff back
Apr 16, 2024 8:11 PM
Thankyou so so much, I'm going to make my first statement this weekend so I'll keep you updated on that all and if they wanna hear anything from you x
Share post
Message...
Jess
Thankyou so so much, I'm going to make my first statement this weekend so I'll keep you updated on that all and if they wanna hear anything from you x
Apr 17, 2024 6:53 AM
that's really good to hear, very proud of you for having the courage to come forward about it, this'll be a good step for you to start moving on from everything he ever did to you x
Apr 17, 2024 4:05 PM
It's so hard he's been spamming me now with crying videos and voice notes it's making me feel like I'm taking down a dying rat like I feel bad and I shouldn't
Apr 17, 2024 4:59 PM
Yk what I've received
Share post
Message...

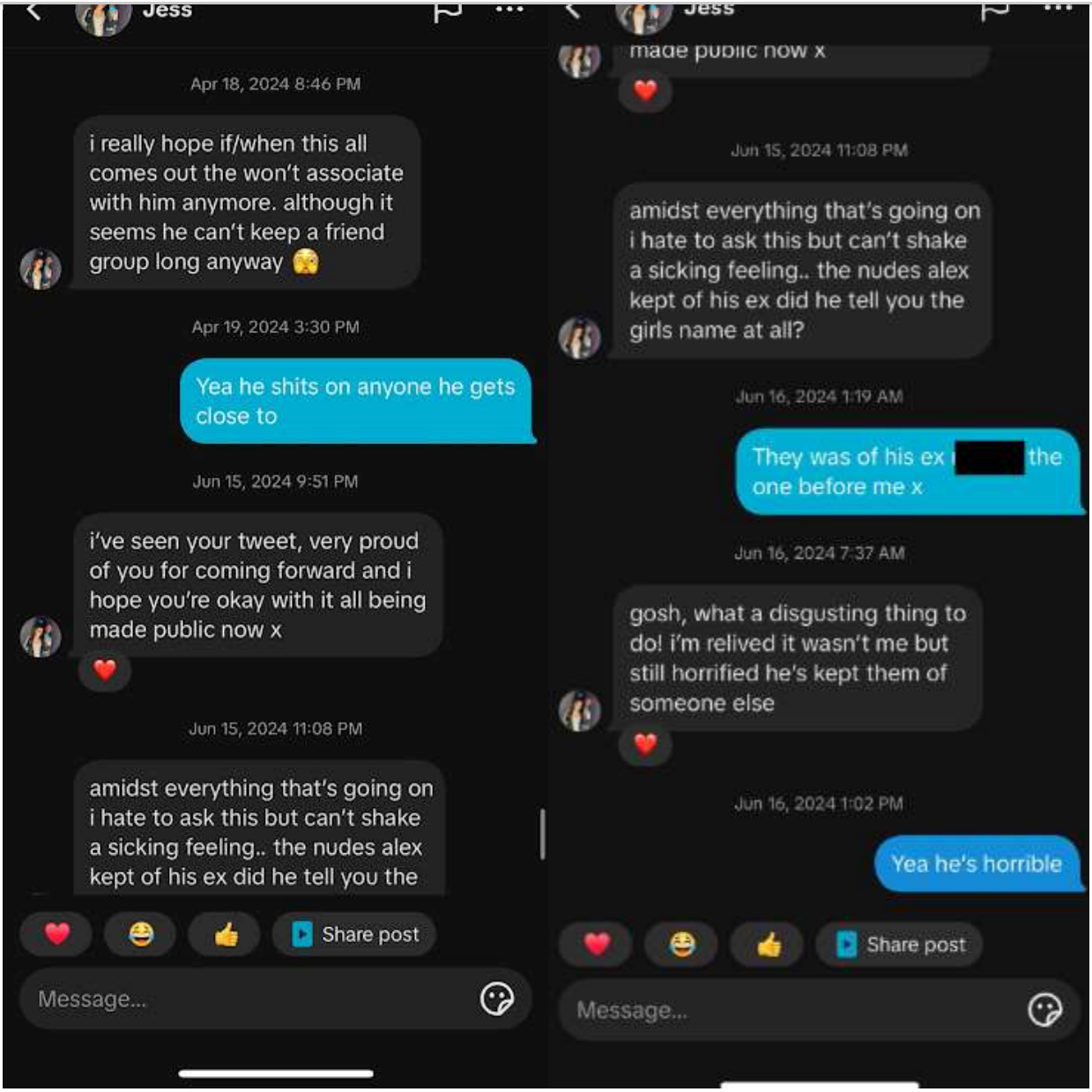
# Response - Read First


Jess
voice notes it's making me feel like I'm taking down a dying rat like I feel bad and I shouldn't
Apr 17, 2024 4:59 PM
To top it off Yk what I've received today, he keeps sending things to my house, he's just sent me flowers and sent some of my things to my house with pages worth of letters and his hoodie and he's drenched it in his aftershave and it's making me wanna disappear in a black hole
Apr 17, 2024 5:43 PM
Replied to you
It's so hard he's been spamming me now with crying videos and...
he has brought this upon himself and needs to learn these sort of actions have consequences. he's so pathetic 😭
i'm shocked at how desperate he
Share post
Message...
Jess
me now with crying videos and...
he has brought this upon himself and needs to learn these sort of actions have consequences. he's so pathetic 😭
i'm shocked at how desperate he is tbh. my stuff magically got lost in the post! just send him a pic of his hoodie back on fire, but even then he's not worth that effort
I'm gonna not touch anything use it as evidence of him harassing me
Apr 17, 2024 5:50 PM
that's a really good idea! do you live with family or friends?
idk if he would just turn up?
Apr 17, 2024 6:23 PM
With family, he just got a taxi to
Share post
Message...

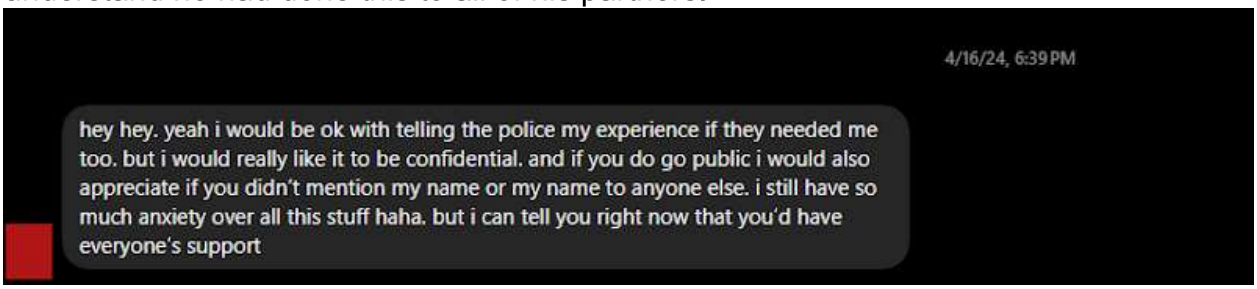
# Response - Read First


Jess
idk if he would just turn up?
Apr 17, 2024 6:23 PM
With family, he just got a taxi to mine to do all of this
Apr 17, 2024 6:44 PM
wtf, that's so weird... him showing up uninvited is not on at all. i'm glad you're with people so they can see this behaviour too
There's loads of people who have, even his old flatmates saw it
Apr 17, 2024 6:55 PM
did they ever say anything to you or acknowledge it happening?
Nope
Share post
Message...
Jess
or acknowledge it happening?
Nope
They knew what was happening they just wouldn't of wanted to get involved
that's kinda understandable, i figured they would've been decent people to have at least said or done something though. this is what i hate about youtubers and their friends, its like they don't want to call each other out on their bullshit until it's too late
Apr 17, 2024 7:49 PM
Yeah they just protect eachother until someone finally calls someone out publicly
Apr 18, 2024 8:46 PM
Share post
Message...

# Response - Read First


Jess
Apr 18, 2024 8:46 PM
i really hope if/when this all comes out the won't associate with him anymore. although it seems he can't keep a friend group long anyway
Apr 19, 2024 3:30 PM
Yea he shits on anyone he gets close to
Jun 15, 2024 9:51 PM
i've seen your tweet, very proud of you for coming forward and i hope you're okay with it all being made public now x
Jun 15, 2024 11:08 PM
amidst everything that's going on i hate to ask this but can't shake a sicking feeling.. the nudes alex kept of his ex did he tell you the
Share post
Message...
Jess
made public now x
Jun 15, 2024 11:08 PM
amidst everything that's going on i hate to ask this but can't shake a sicking feeling.. the nudes alex kept of his ex did he tell you the girls name at all?
Jun 16, 2024 1:19 AM
They was of his ex [redacted] the one before me x
Jun 16, 2024 7:37 AM
gosh, what a disgusting thing to do! i'm relived it wasn't me but still horrified he's kept them of someone else
Jun 16, 2024 1:02 PM
Yea he's horrible
Share post
Message...

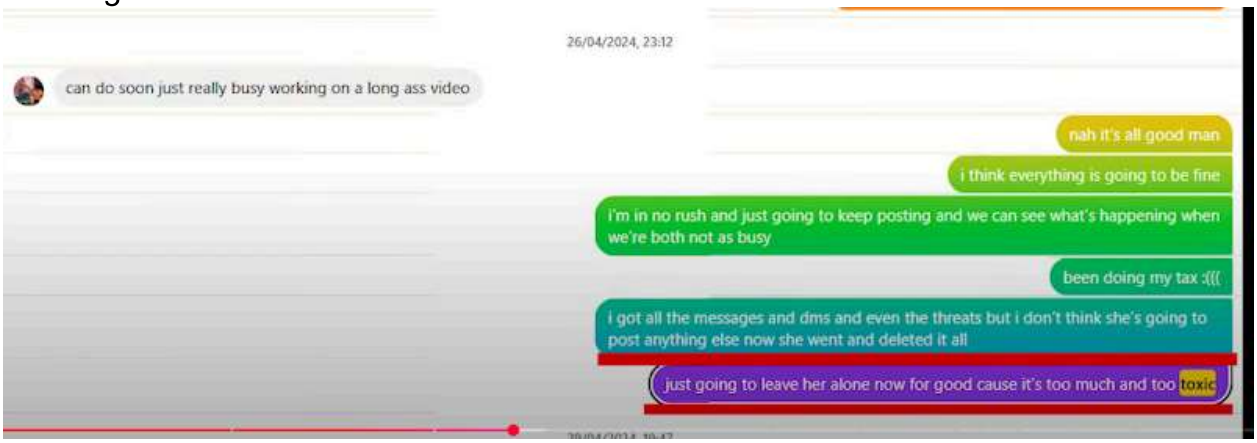
I also asked another one of his recent ex's if they would write a statement to police to help them understand he had done this to all of his partners.


4/16/24, 6:39 PM
hey hey. yeah i would be ok with telling the police my experience if they needed me too. but i would really like it to be confidential. and if you do go public i would also appreciate if you didn't mention my name or my name to anyone else. i still have so much anxiety over all this stuff haha. but i can tell you right now that you'd have everyone's support

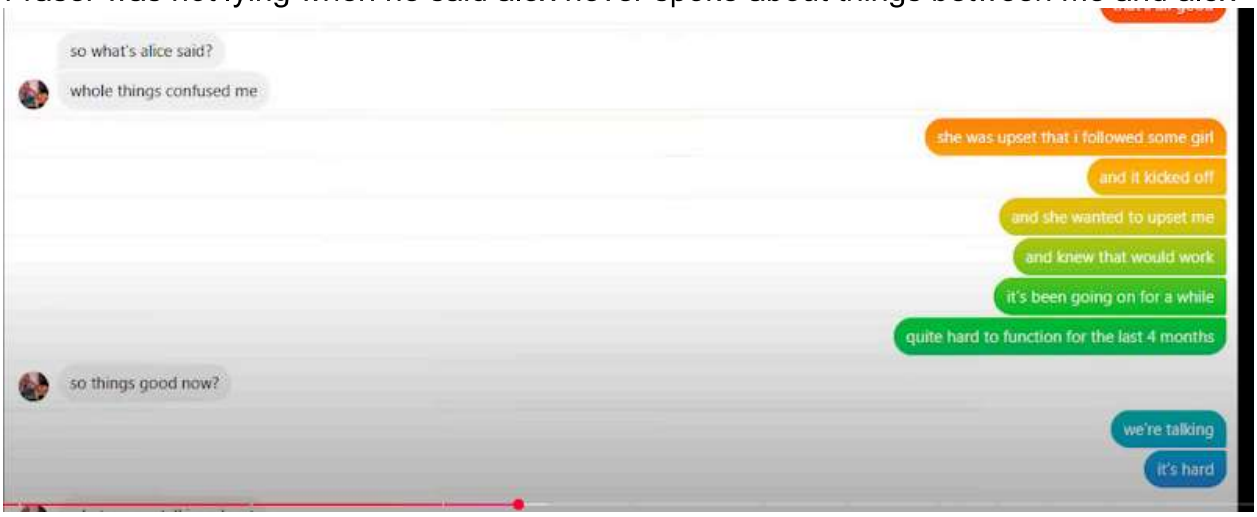
I was contacted by Alex's old friends and asked to explain what was going on. I gave them my side of the story as they had been told by Alex that I "hit him all the time" and that he will sue me. I think it's completely normal for the people who contacted me to do so as they were all close to Alex at some point and wanted to get to the bottom of what happened between us.
I brought up a screenshot of a message that was sent to me, I was **not** sent their whole conversation, I was only shown him saying I hit him all the time. I bring that up to alex as it was not true and i was

# Response - Read First

At no point do **I** tell Alex who **I**'m talking to or who is talking to me, and to bring some people into this drama like naming Fraser - inabber is wrong. Especially since fraser is someone i hardly exchanged a message with, i understood he was probably the most shocked out of everyone with this information as i knew how close they were a few years back, for alex to paint him out to be sharing information with me and then to put it out in his video publicly is wrong and a lie, this is mine and alex's relationship and to drag other names down in his response is disgusting and manipulating the story.
The “abuse story” he shared with Fraser **in a group chat** was built on lies and **I** called him out on it in our messages.
I did not go out of my way to message his friends, **I** was approached. to paint the narrative that i tried isolating him from them is not true.


26/04/2024, 23:12
can do soon just really busy working on a long ass video
nah it's all good man
i think everything is going to be fine
i'm in no rush and just going to keep posting and we can see what's happening when we're both not as busy
been doing my tax :(((
i got all the messages and dms and even the threats but i don't think she's going to post anything else now she went and deleted it all
just going to leave her alone now for good cause it's too much and too toxic

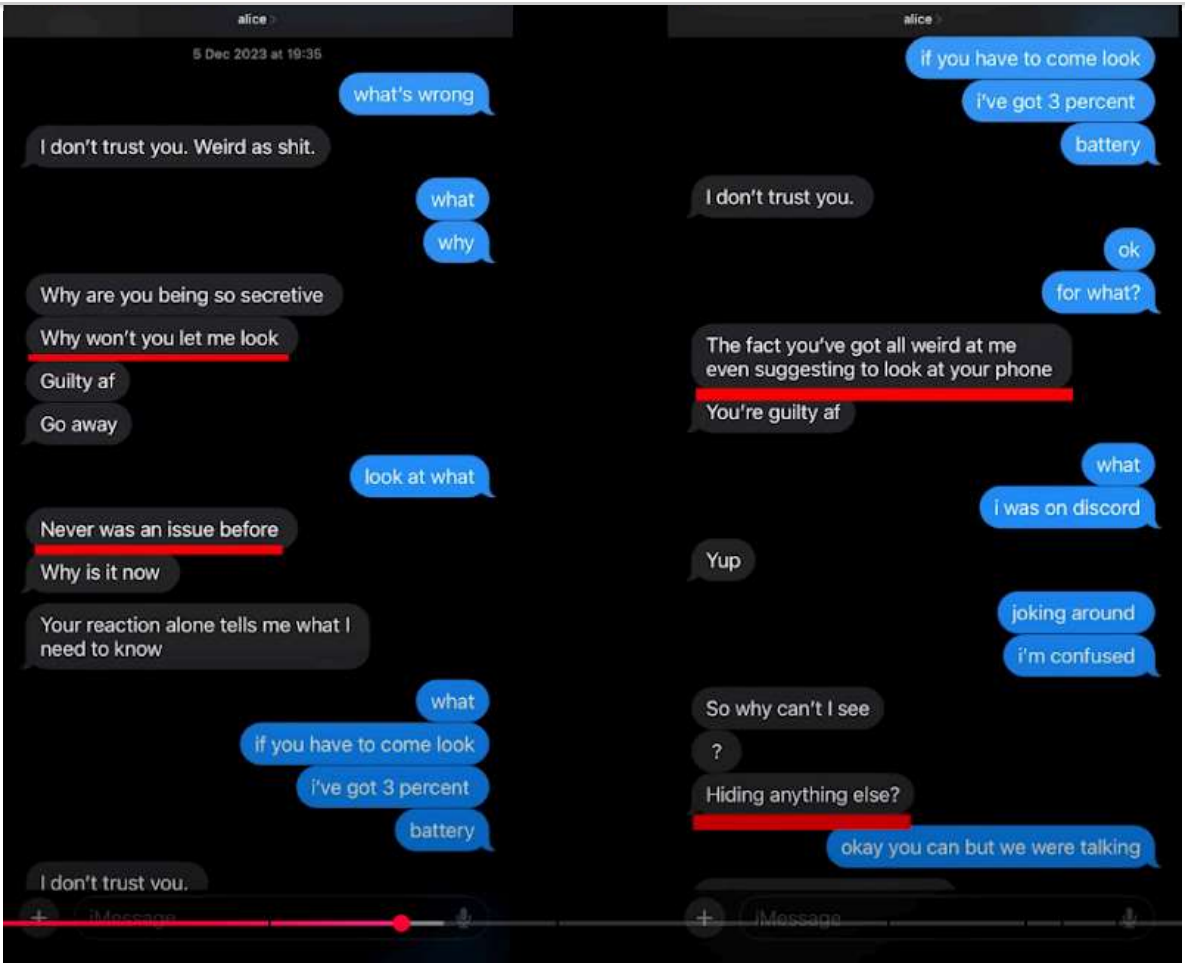
Alex shares parts of conversations with Fraser claiming he spoke about me and him when this was **after** they knew some of the horrible things he had done.
Fraser was not lying when he said alex never spoke about things between me and alex


so what's alice said?
whole things confused me
she was upset that i followed some girl
and it kicked off
and she wanted to upset me
and knew that would work
it's been going on for a while
quite hard to function for the last 4 months
so things good now?
we're talking
it's hard

Another screenshot he shares, he claims i was upset about him following a girl.
I was in fact upset about him following a **specific** girl, someone **I** even asked about to his friends. It was someone he used to sleep with and see, to beg me to let him try to fix things by following old flings/ex’s yes i will be upset.

Alex keeps only sharing these two same screenshots claiming Fraser knew we were broken up, when Fraser clearly said that he thought we were still together in **March.**
Alex's messages are in **April**, After everyone had been talking behind the scenes about what happened between us.

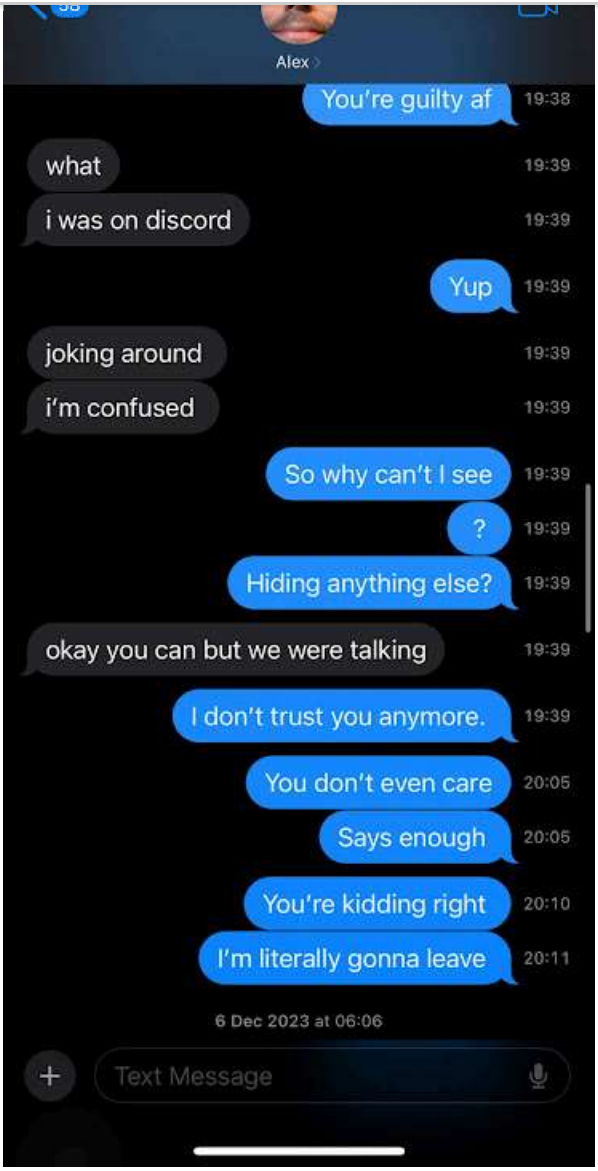
# Response - Read First




He claims i had “full access” to his phone the entire relationship, we made it clear that each other could look at phones whenever to put out trust on the table, not once did i ever use that offer until the 5th of december where this takes place. I am not someone to go through phones as it makes me very uncomfortable. I say “never was an issue before” as alex always said to me if i wanted to go on his phone i could, the only times previously i had ever been on it was to help him order a takeaway never to go through his privacy.

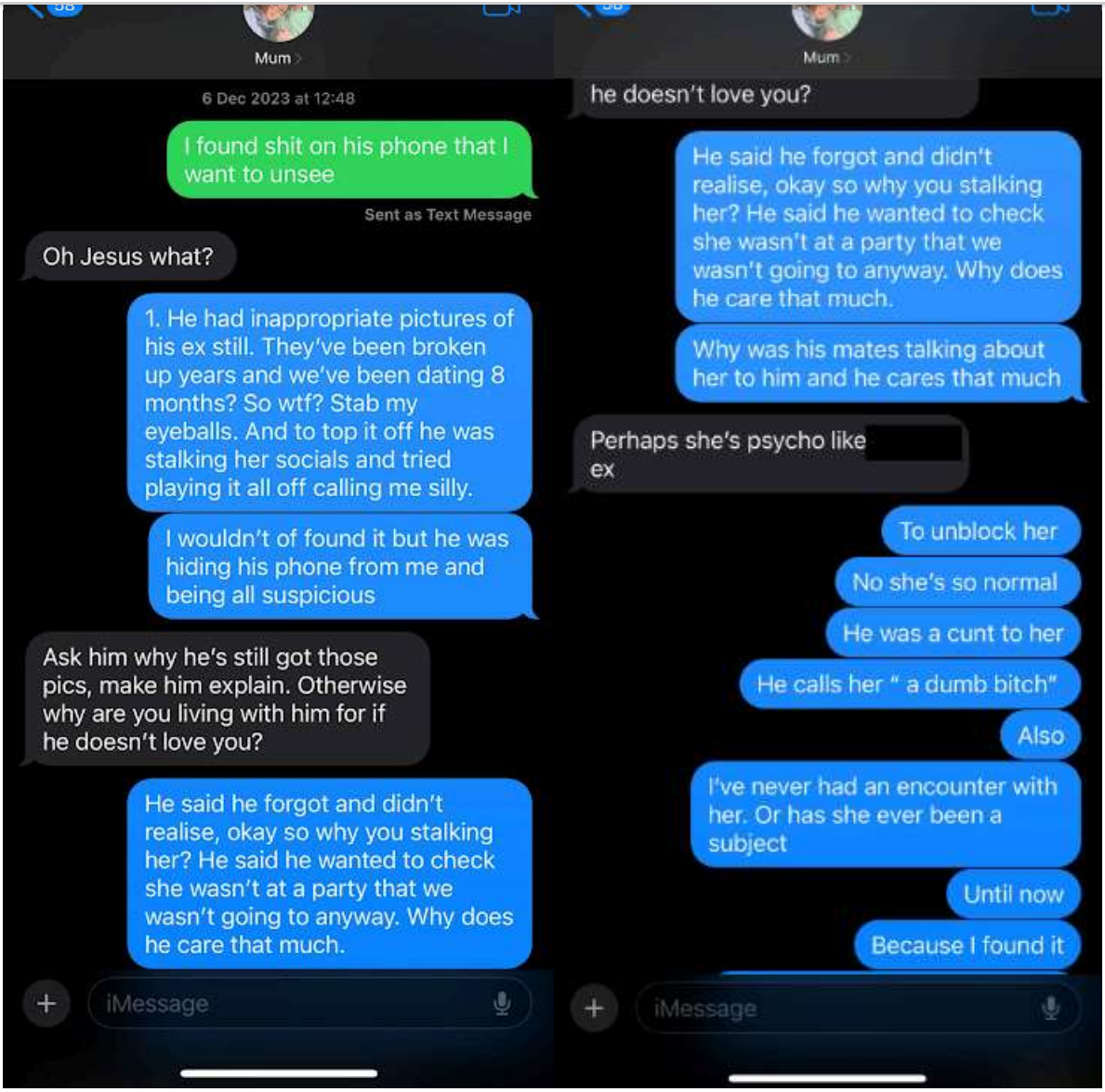
In these screenshots this is the moment we were in the bedroom and I was in the bathroom. He said something odd down the phone. I came in and I asked him what he's doing on his phone. He laughs and puts his phone to his chest and plays with me saying its nothing, of course this sparks an insecure reaction from me and i ask him to just turn his phone and show me, he doesn't do this so i walk out the room telling him i do not trust him at all anymore as he claimed he would never hide his phone from me but the one time i ask to look he says no. I walk down into my office and send him these messages until he finally comes down after and puts his phone in the kitchen, tells me to look and walks away.

# Response - Read First

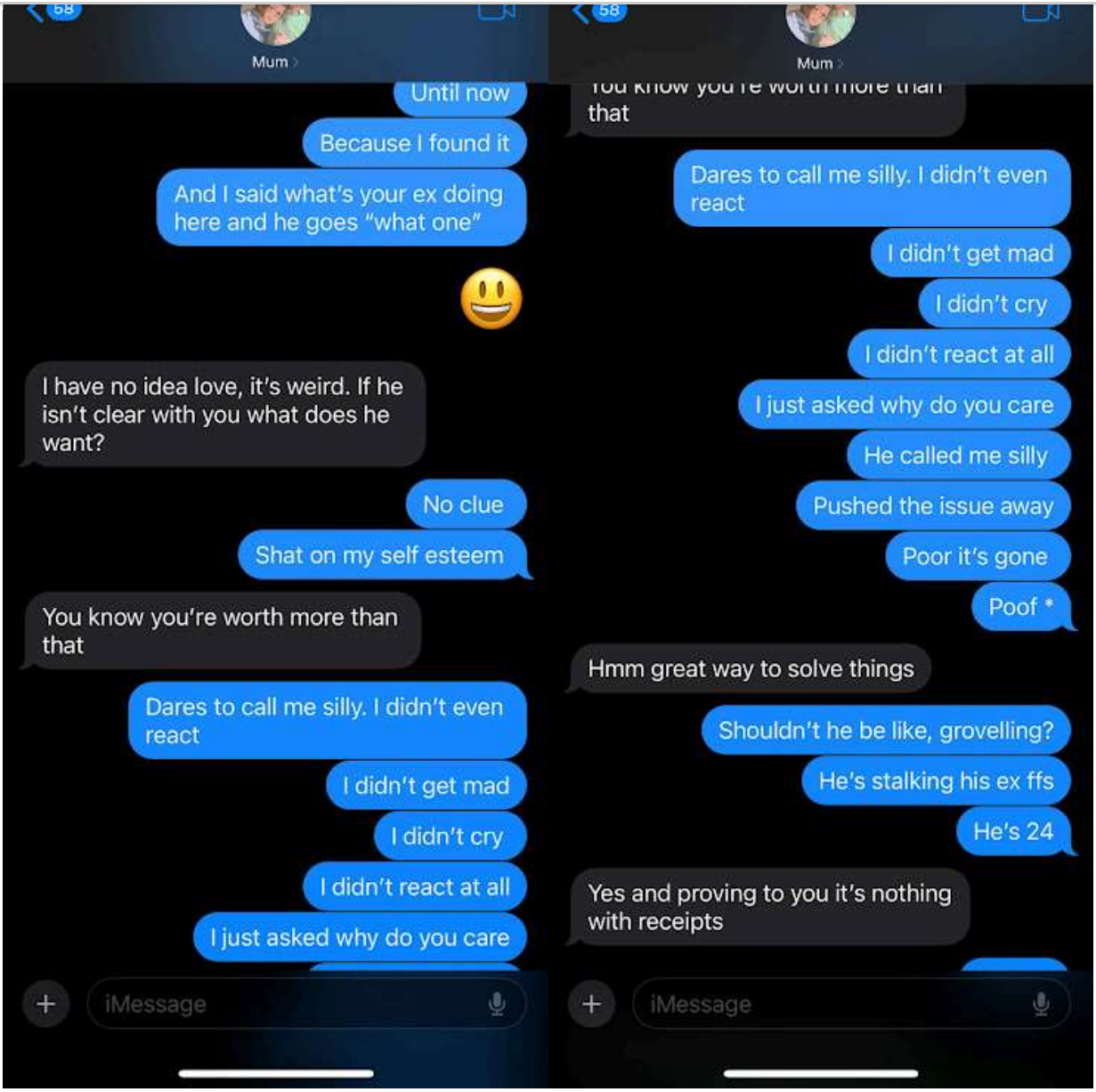



I take his phone into my office and I look, idk where to look as I have never done this before so i go to his recent instagram searches to find his ex before me there. I saw the same on tiktok. The last place i look is his photos where i only look in the “hidden” folder i don't look anywhere else, there's around 5 pictures in there one being very recent from around the dates we just started talking of someone he was clearly sleeping with and the rest being pictures he still had of his ex girlfriend. When he finally comes back downstairs to talk to me all i ask him is why he still has these pictures and why is he stalking her. He dismisses me and calls me silly, laughs it off and says he forgot about the pictures and he will delete them. Not once am I controlling over this, not once do I freak out or “slap him” over his phone as he claims later in his video. He tells me he was stalking her socials to see if she was at a party that we didn't even go to.

# Response - Read First


Mum
6 Dec 2023 at 12:48
I found shit on his phone that I want to unsee
Sent as Text Message
Oh Jesus what?
1. He had inappropriate pictures of his ex still. They've been broken up years and we've been dating 8 months? So wtf? Stab my eyeballs. And to top it off he was stalking her socials and tried playing it all off calling me silly.
I wouldn't of found it but he was hiding his phone from me and being all suspicious
Ask him why he's still got those pics, make him explain. Otherwise why are you living with him for if he doesn't love you?
He said he forgot and didn't realise, okay so why you stalking her? He said he wanted to check she wasn't at a party that we wasn't going to anyway. Why does he care that much.
iMessage
Mum
he doesn't love you?
He said he forgot and didn't realise, okay so why you stalking her? He said he wanted to check she wasn't at a party that we wasn't going to anyway. Why does he care that much.
Why was his mates talking about her to him and he cares that much
Perhaps she's psycho like [redacted] ex
To unblock her
No she's so normal
He was a cunt to her
He calls her " a dumb bitch"
Also
I've never had an encounter with her. Or has she ever been a subject
Until now
Because I found it
iMessage

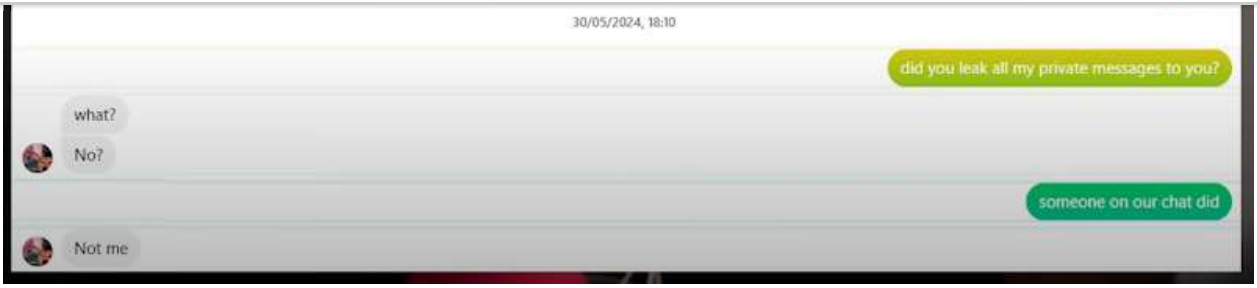
# Response - Read First


Mum
Until now
Because I found it
And I said what's your ex doing here and he goes "what one"
I have no idea love, it's weird. If he isn't clear with you what does he want?
No clue
Shat on my self esteem
You know you're worth more than that
Dares to call me silly. I didn't even react
I didn't get mad
I didn't cry
I didn't react at all
I just asked why do you care
iMessage
Mum
that
Dares to call me silly. I didn't even react
I didn't get mad
I didn't cry
I didn't react at all
I just asked why do you care
He called me silly
Pushed the issue away
Poor it's gone
Poof *
Hmm great way to solve things
Shouldn't he be like, grovelling?
He's stalking his ex ffs
He's 24
Yes and proving to you it's nothing with receipts
iMessage

# Response - Read First

58
Mum
Pushed the issue away
Poor it's gone
Poof *
Hmm great way to solve things
Shouldn't he be like, grovelling?
He's stalking his ex ffs
He's 24
Yes and proving to you it's nothing with receipts
Yeeeep
But he's clearly got other ideas
I wanna message his mate that was bringing it up because I don't believe Alex
Sent as Text Message
Sorry my phone died. This is messed up, I don't understand why he isn't being straight with you
iMessage

# Response - Read First




Again using this to prove he always spoke to Fraser about us when the dates are after everyone started finding out.

i contacted you immediately after she posted dms of you being verbally abusive and you said it was bad and when i asked for your proof you never sent me anything
you said you couldn't

In his own screenshot he proves that he never showed proof of what he claims now in his video, all of alex's "proof" is either from my own statement or out of context which is why i now show the whole conversation, he does not at any point show proof of the serious claims he has made saying i hit him all the time etc.
He claims in his video that what **I** posted is not true. I posted undeniable evidence of the things he did and the way he treated me in my first statement. I was stupid and didn't add how **I** spoke to him **after** the abuse but **I** felt ashamed of my reactions and language although **I have always said I went down to his level** and said some horrible things. I have never tried to deny these things, i just felt it wasn't my goal to put across the entire relationship, just what he had done to me that was so disgusting i reacted. I realise now this was a mistake as it's been manipulated completely against me, like **I** said he would do in my first statement. I knew Alex would do this as he started with this narrative only **after** his friends found out.

In his video he goes on about how he tries to prove fraser was "using him" for videos, alex thought everyone was using him, he'd always go on about how his friends needed him, and that everyone he made videos with while we were dating were only getting subs and views because of himself being in the videos. He claimed he made a lot of his friends' careers and treated them like "guinea pigs" with certain videos and thumbnails.

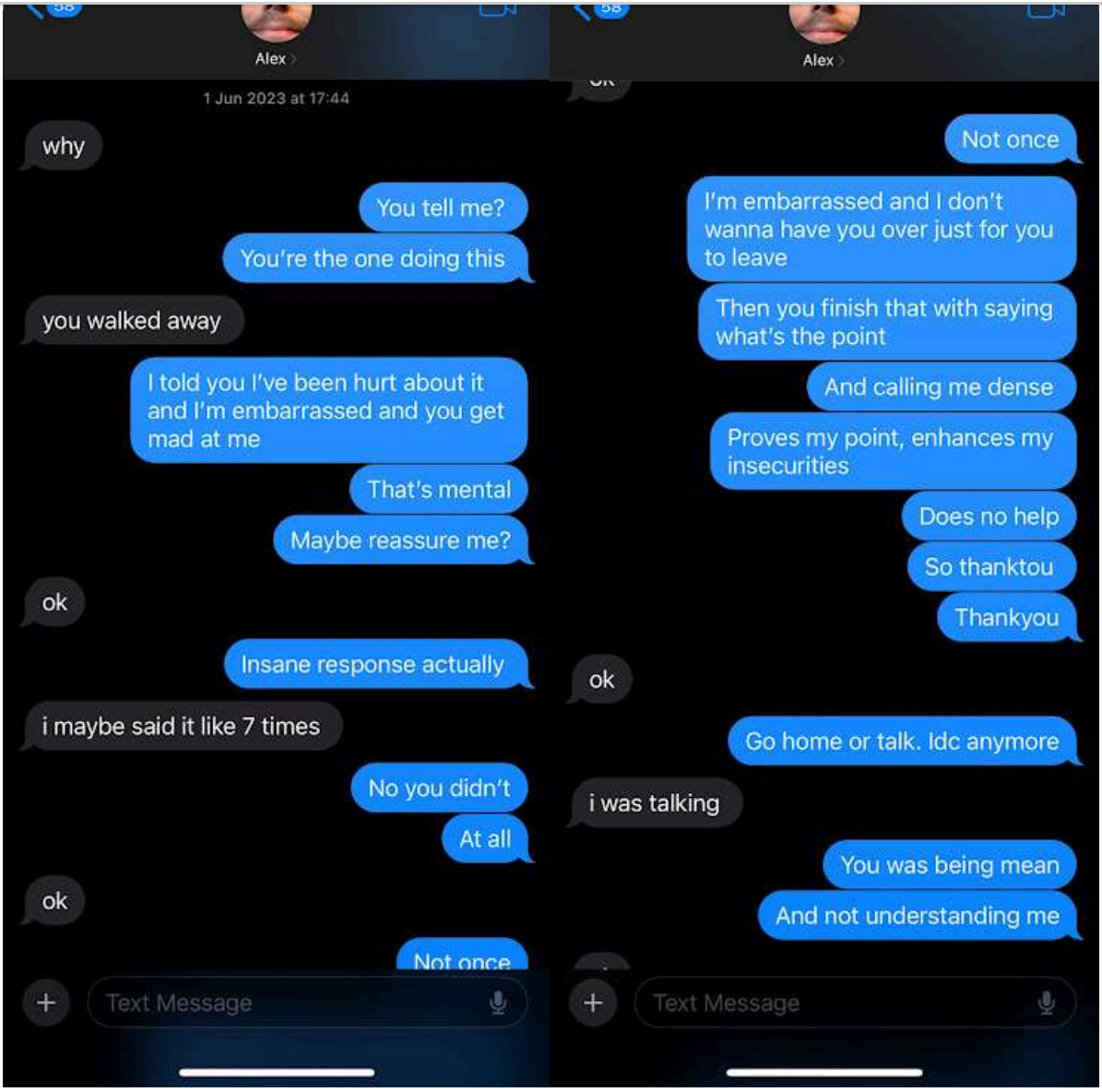
# Response - Read First

This statement was true, i did do those things but he adds zero context as to why i got that way, he is manipulating this story saying he had walked away after i did this and that we had a “small” disagreement, discrediting what he had done to me to get me to react in that way so i will now share this whole context and story.

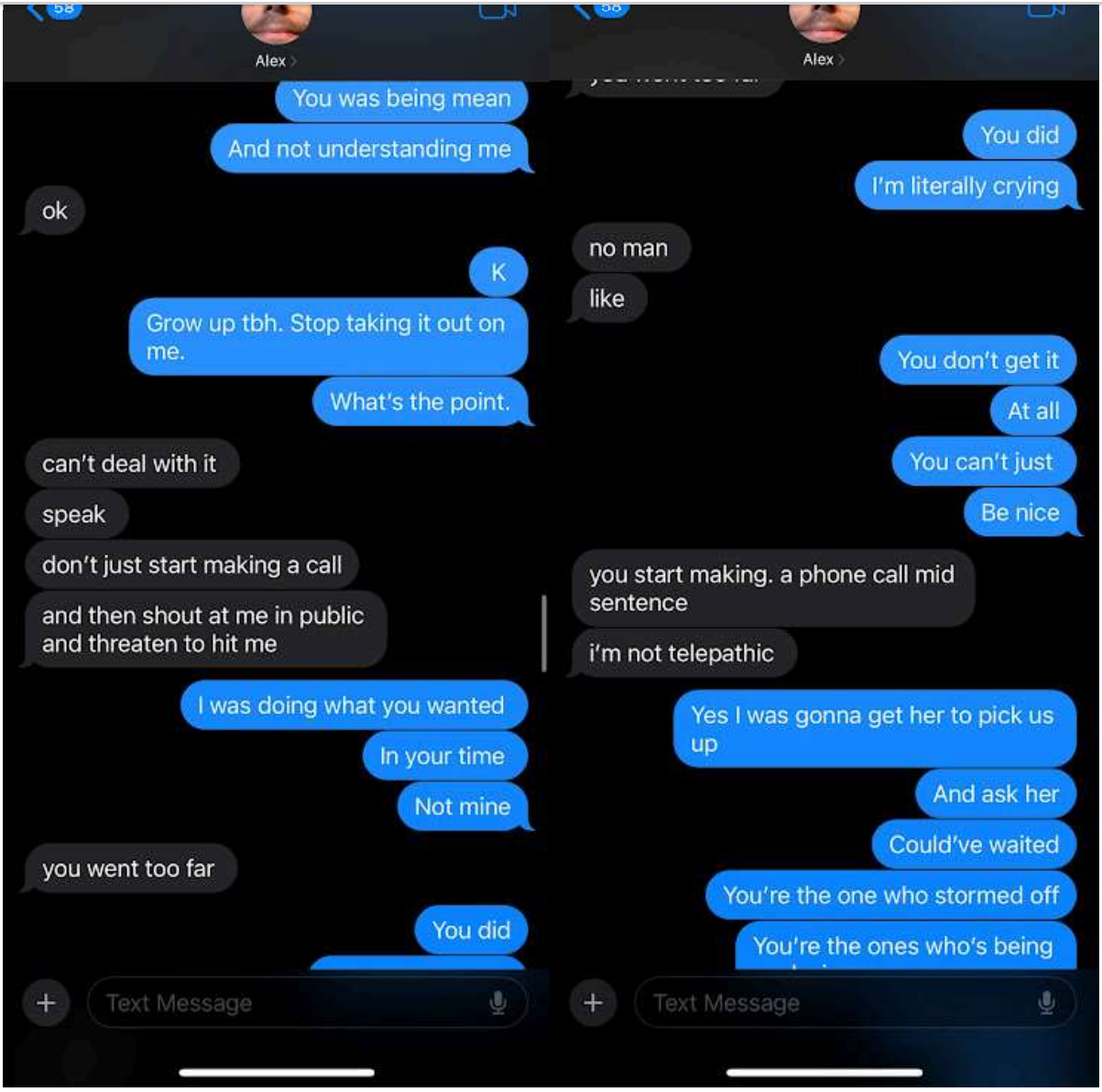
The same day we had argued in the morning and alex had ordered us food, i asked him if he ordered without me he said yes and i said “oh okay, i didn't pick” this pissed off alex and after i even said thankyou for ordering food he ignores me, when it arrives he throws it at the table im sat at while doing my makeup, i don't remember the order of events whether it happened before to set this tone between us or after but i was talking to alex as he was at his desk and got ignored multiple times, that upset me. I will put the messages here now, but back to the messages he is sharing after all of this later in the day we get to where i live as he was planning to just drop me off, there were no plans to take him back to my house. While walking he asks me if he can come over, I tell him I don't have anyone over and I begin to tell him why.
In one of my last relationships my ex had slagged off me, my family and the home I lived in so it made me very untrusting ever letting someone over. I don't have a fancy house, it's nothing close to expensive and I feel judged ever letting someone I date in again. As soon as i mention that it was an ex who would shit on me about the home i lived in alex freaks out on me, he doesn't try to understand and he asks me why i would bring up an ex and gets angry this hurts my feelings because i've just been so vulnerable with alex sharing this information and all he took from it was the fact i mentioned an ex. This goes downhill from here and we start arguing.  He's mad at me and I

# Response - Read First

# Response - Read First

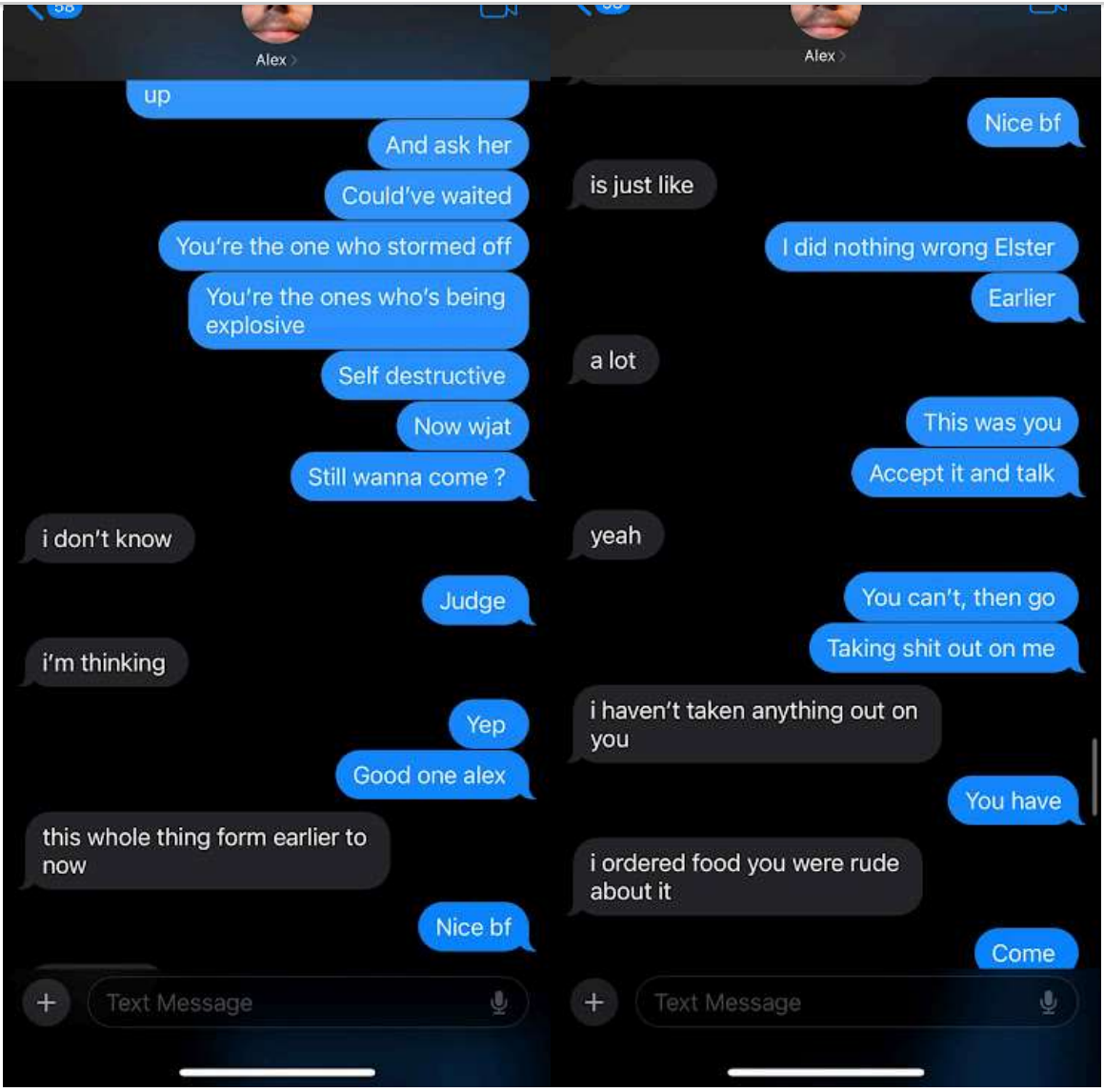


# Response - Read First

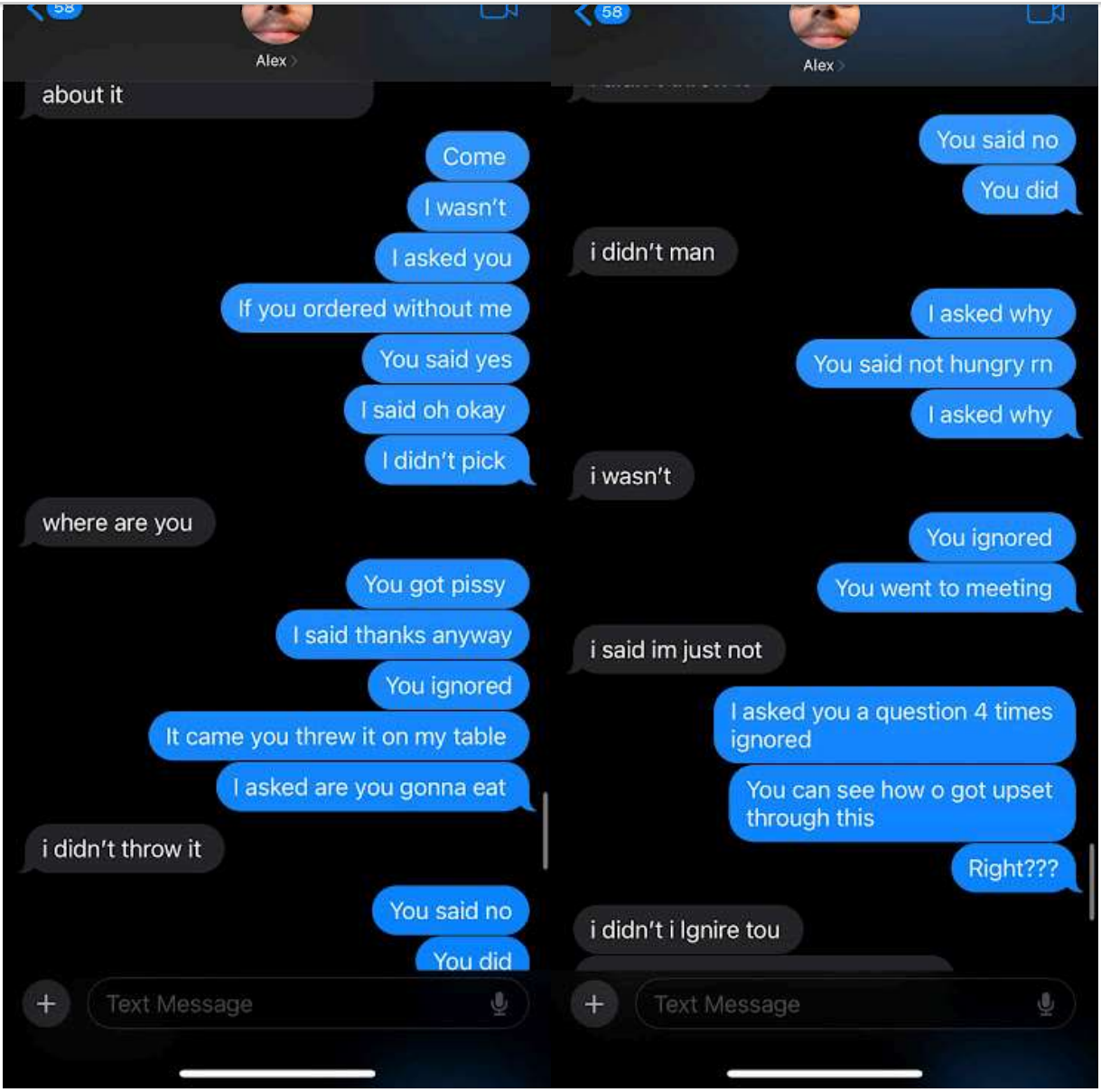



As soon as he messages “ok” he comes back and we spoke again, he says about how he wants to come over and i give in and start calling my mum for her to pick us up, he doesn't give me a moment or wait he storms off arguing with me again.

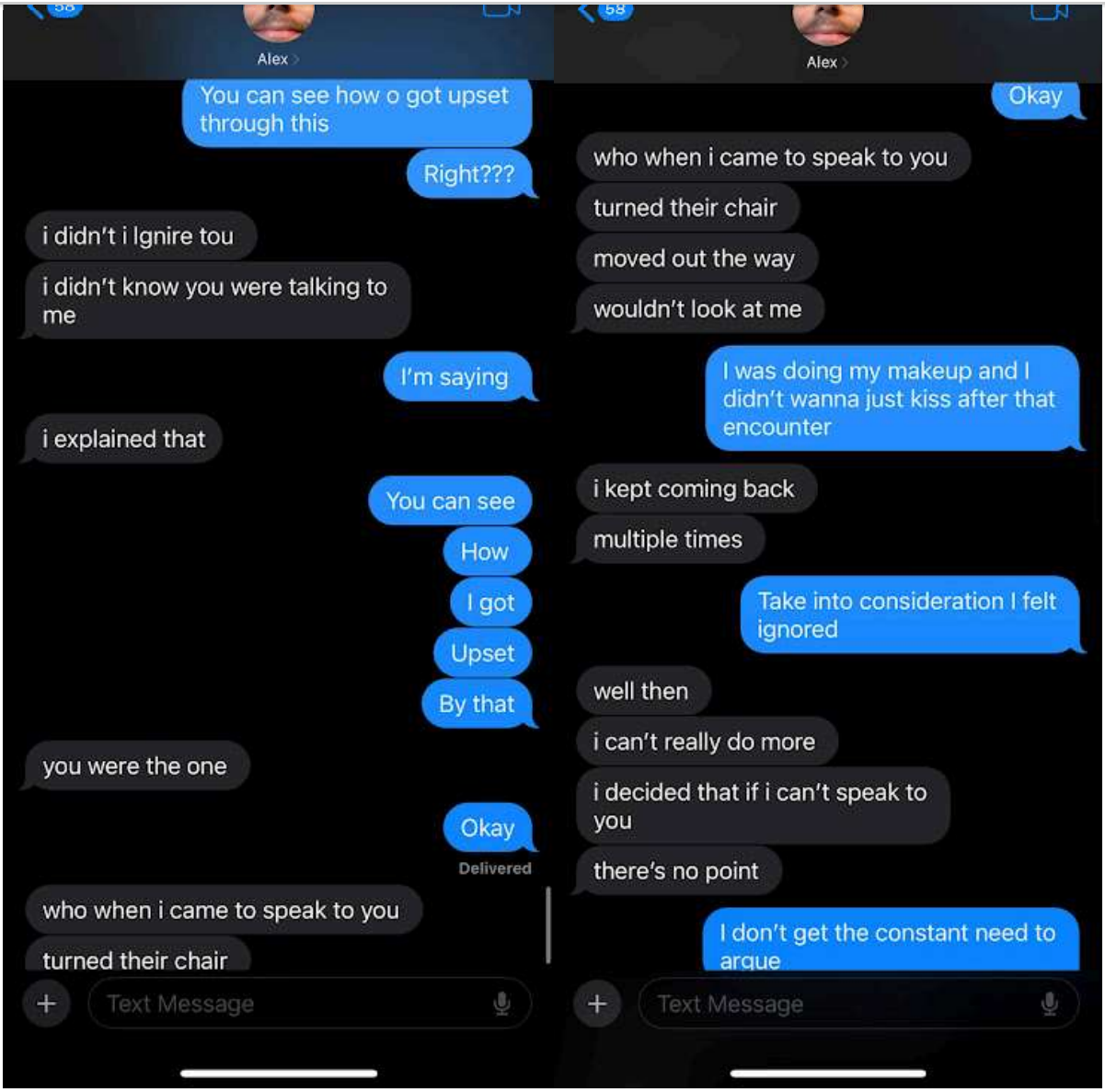
# Response - Read First



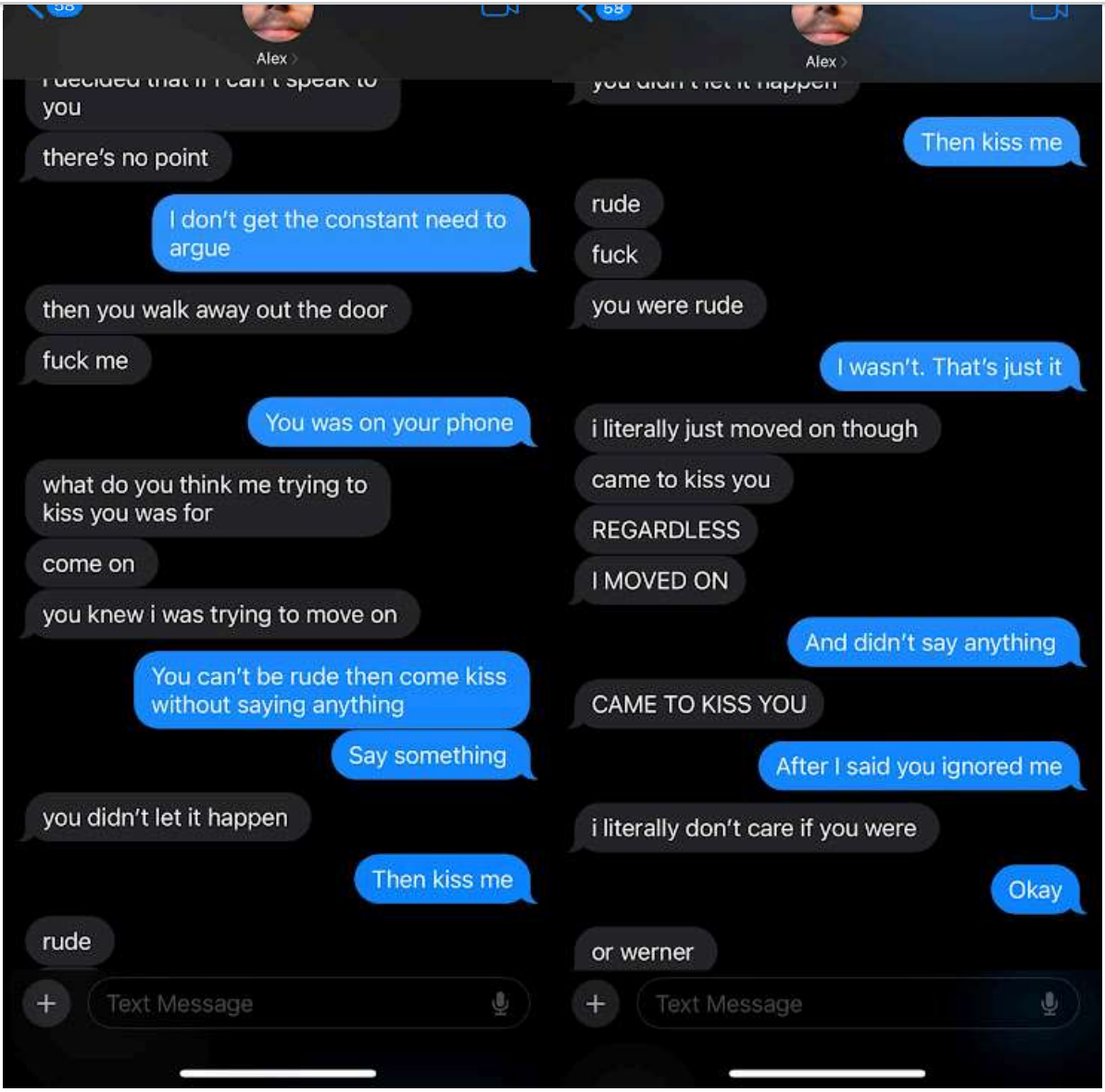
# Response - Read First



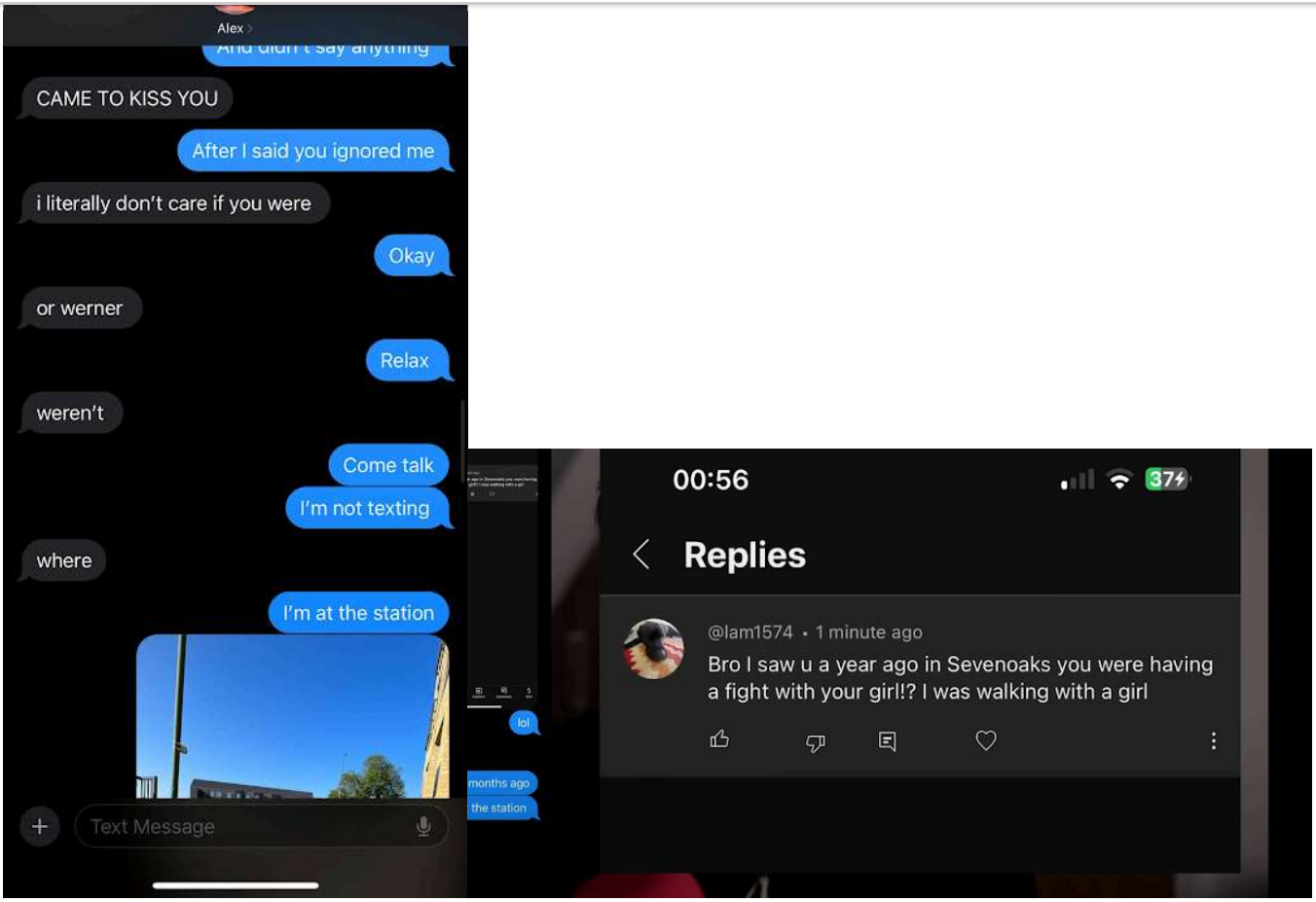
# Response - Read First



# Response - Read First



# Response - Read First




It wasn't because I "threatened to hit him so loudly" it was because we were both standing right infront of each other arguing and shouting.

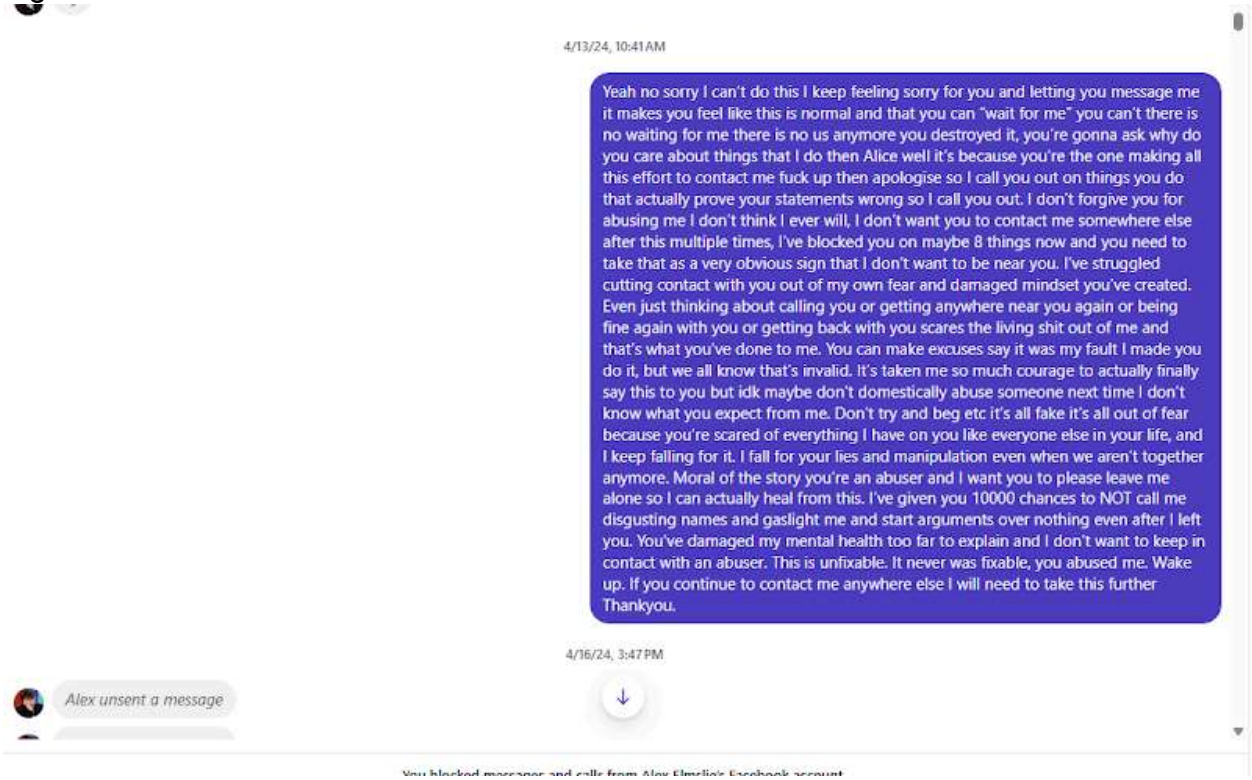
I never blackmailed Alex once, he claims I blackmail him throughout the entire relationship and afterwards, this is a lie.

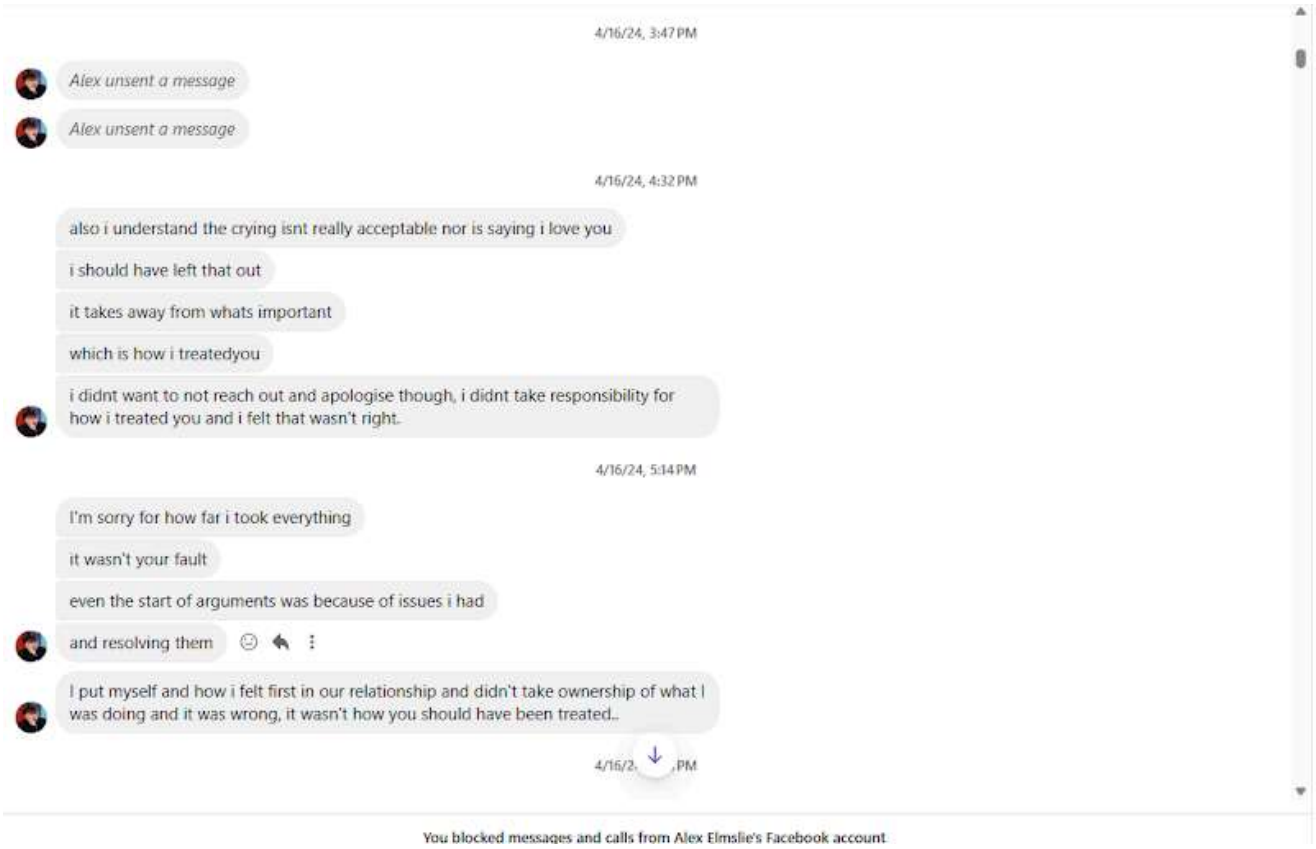
and
*"I don't mean it like that" "You didn't wrong me like I did you, I know that."* He continuously begged me to call him so he can apologise and wanted me to forgive him. He ended up sending things to my house like teddy bears and flowers, his hoodie that had been sprayed heavily with his aftershave and letter to try and achieve this. He mentions "I wish you had broken up with me to my face" i did. When I walked out the door with my things after he kicked me.

He says I have manipulated him into doing these things when that is not true.
In his video he now manipulates a story to say he tries breaking up with me leaving me and i apparently then blackmail him. This will be proved a lie with the whole conversation i am about to link, including voice messages he has now since unsent. He has unsent a lot of what he said since coming out with his video as they were there before when i wrote my first statement. He has done this to try work in his favour and twist the narrative.
I want to note, yes i asked him to give me back my things the same month i left him, i did not ask him to send me bears from amazon, or flowers, his hoodie, letters etc.
The amazon note in my first statement is sent with a bear, that is not the same teddy i ask for him to give me back in the beginning. Me sending him tiktoks of love letters in january is not me blackmailing him to send me a letter in april with the rest of my things.

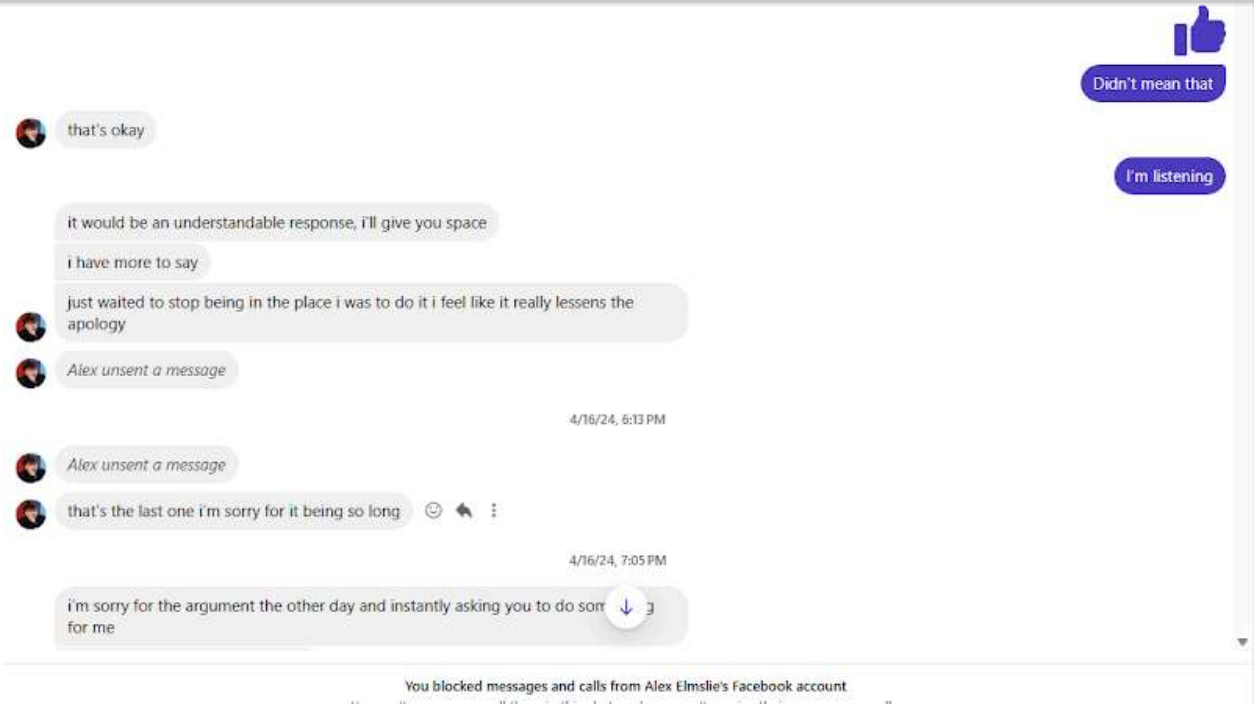
# Response - Read First

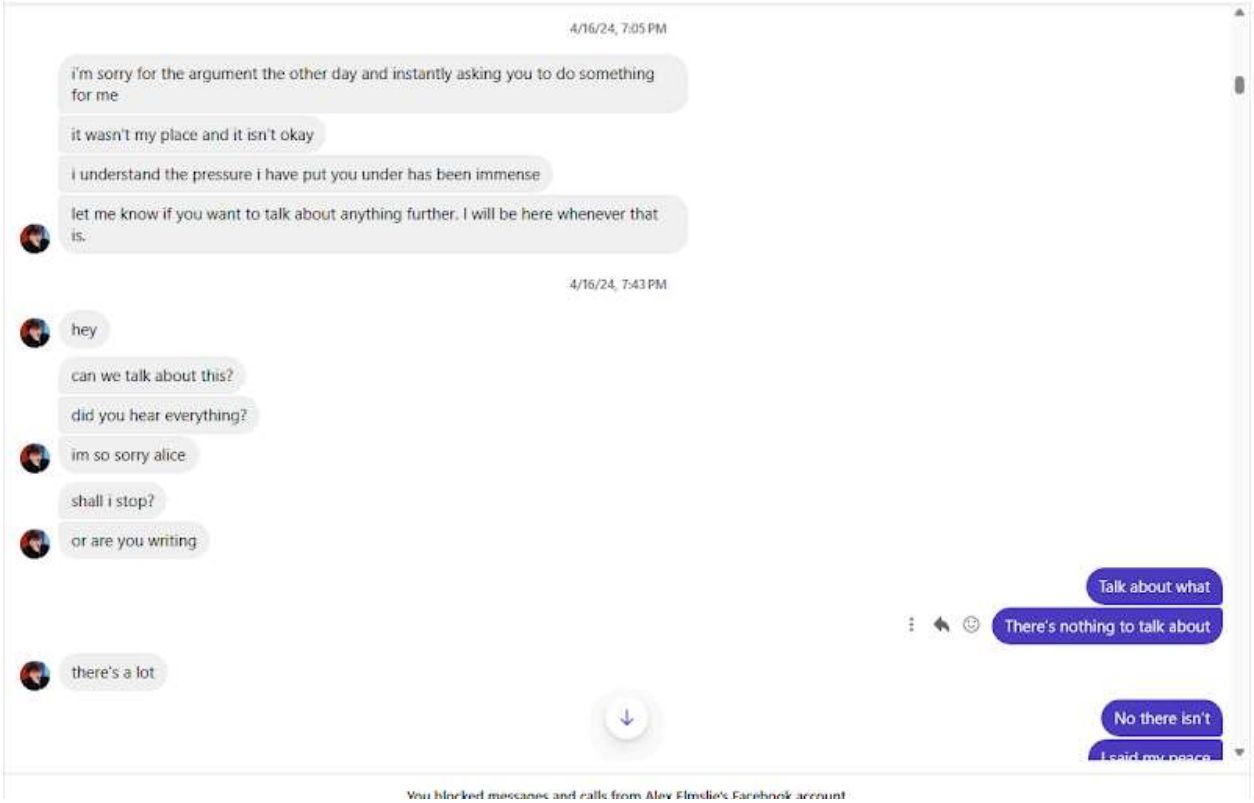
already been put in this document and I'm trying to not repeat anything as this is and will be a very big document.


4/13/24, 10:41 AM
Yeah no sorry I can't do this I keep feeling sorry for you and letting you message me it makes you feel like this is normal and that you can "wait for me" you can't there is no waiting for me there is no us anymore you destroyed it, you're gonna ask why do you care about things that I do then Alice well it's because you're the one making all this effort to contact me fuck up then apologise so I call you out on things you do that actually prove your statements wrong so I call you out. I don't forgive you for abusing me I don't think I ever will, I don't want you to contact me somewhere else after this multiple times, I've blocked you on maybe 8 things now and you need to take that as a very obvious sign that I don't want to be near you. I've struggled cutting contact with you out of my own fear and damaged mindset you've created. Even just thinking about calling you or getting anywhere near you again or being fine again with you or getting back with you scares the living shit out of me and that's what you've done to me. You can make excuses say it was my fault I made you do it, but we all know that's invalid. It's taken me so much courage to actually finally say this to you but idk maybe don't domestically abuse someone next time I don't know what you expect from me. Don't try and beg etc it's all fake it's all out of fear because you're scared of everything I have on you like everyone else in your life, and I keep falling for it. I fall for your lies and manipulation even when we aren't together anymore. Moral of the story you're an abuser and I want you to please leave me alone so I can actually heal from this. I've given you 10000 chances to NOT call me disgusting names and gaslight me and start arguments over nothing even after I left you. You've damaged my mental health too far to explain and I don't want to keep in contact with an abuser. This is unfixable. It never was fixable, you abused me. Wake up. If you continue to contact me anywhere else I will need to take this further Thankyou.
4/16/24, 3:47 PM
Alex unsent a message

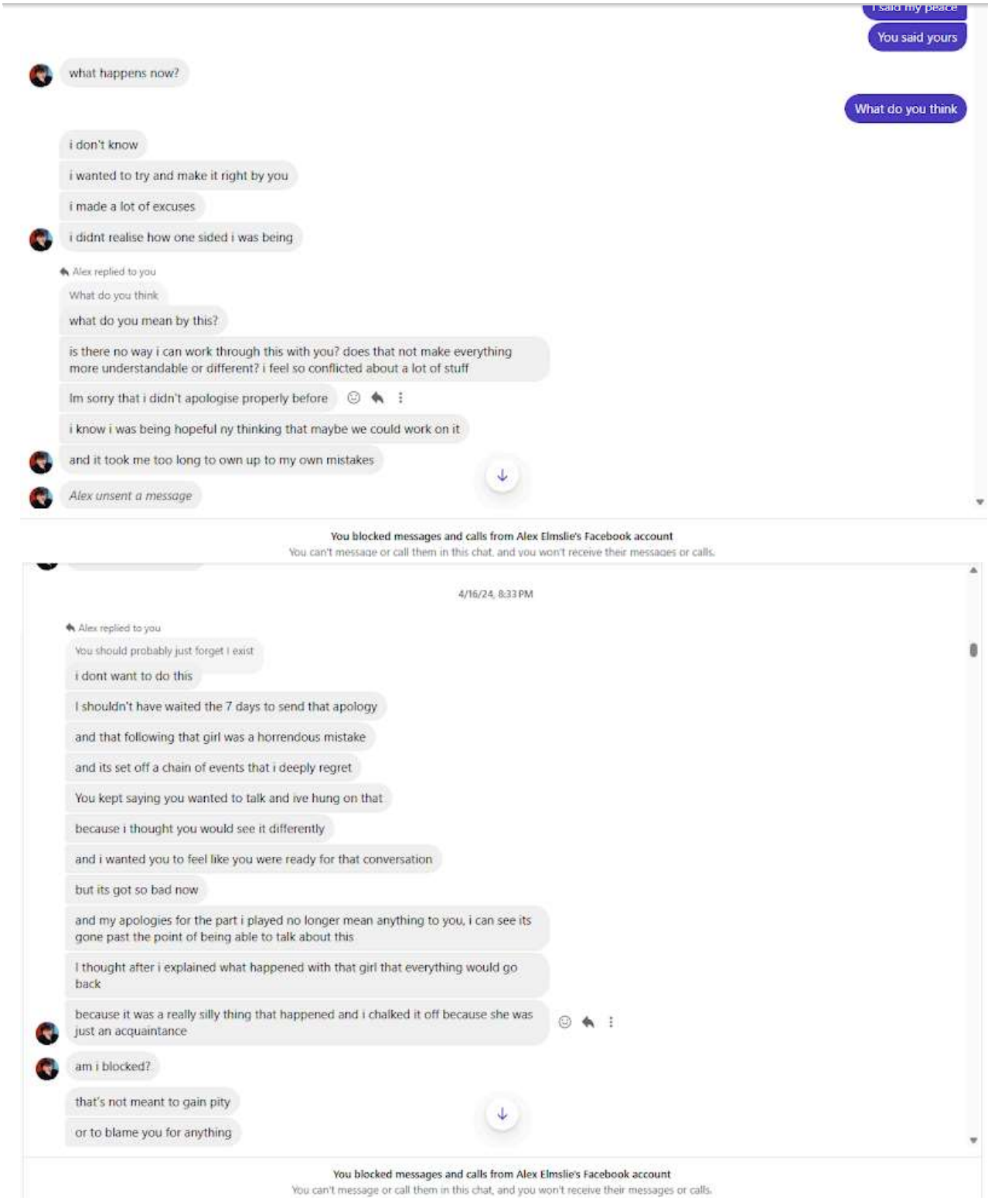

4/16/24, 3:47 PM
Alex unsent a message
Alex unsent a message
4/16/24, 4:32 PM
also i understand the crying isnt really acceptable nor is saying i love you
i should have left that out
it takes away from whats important
which is how i treatedyou
i didnt want to not reach out and apologise though, i didnt take responsibility for how i treated you and i felt that wasn't right.
4/16/24, 5:14 PM
I'm sorry for how far i took everything
it wasn't your fault
even the start of arguments was because of issues i had
and resolving them
I put myself and how i felt first in our relationship and didn't take ownership of what I was doing and it was wrong, it wasn't how you should have been treated..
You blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First

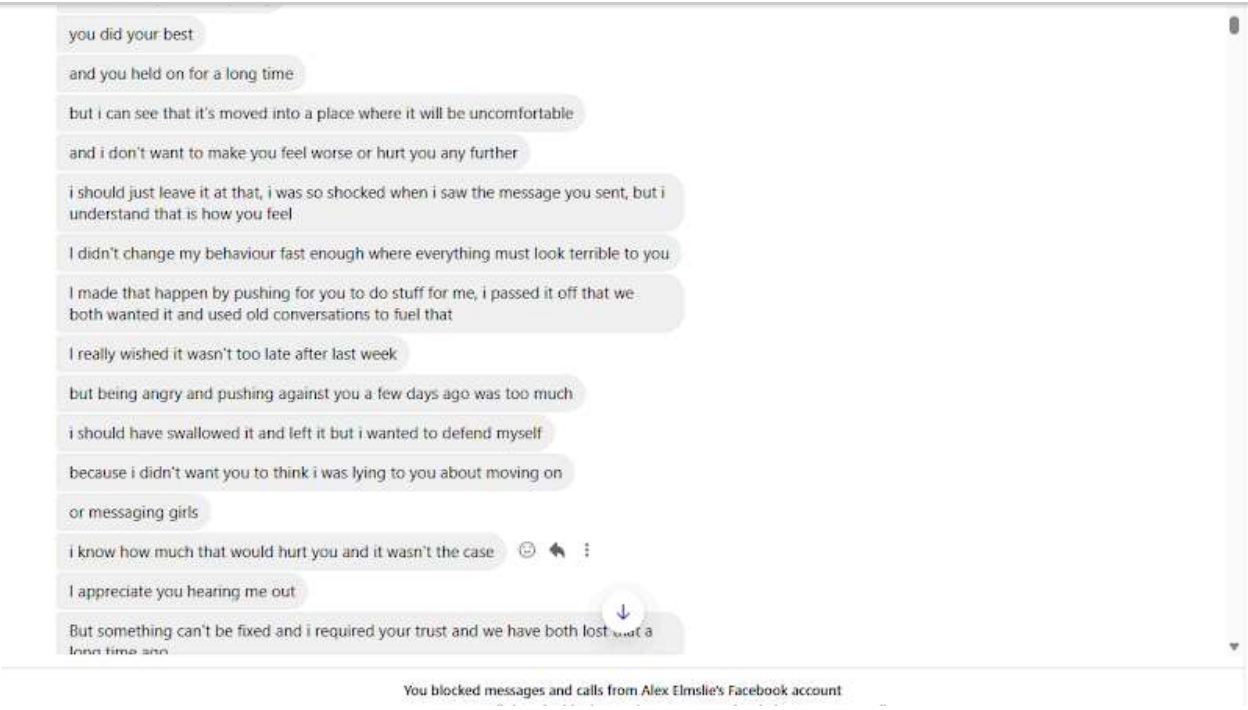

Didn't mean that
that's okay
I'm listening
it would be an understandable response, i'll give you space
i have more to say
just waited to stop being in the place i was to do it i feel like it really lessens the apology
Alex unsent a message
4/16/24, 6:13 PM
Alex unsent a message
that's the last one i'm sorry for it being so long
4/16/24, 7:05 PM
i'm sorry for the argument the other day and instantly asking you to do som g for me
You blocked messages and calls from Alex Elmslie's Facebook account

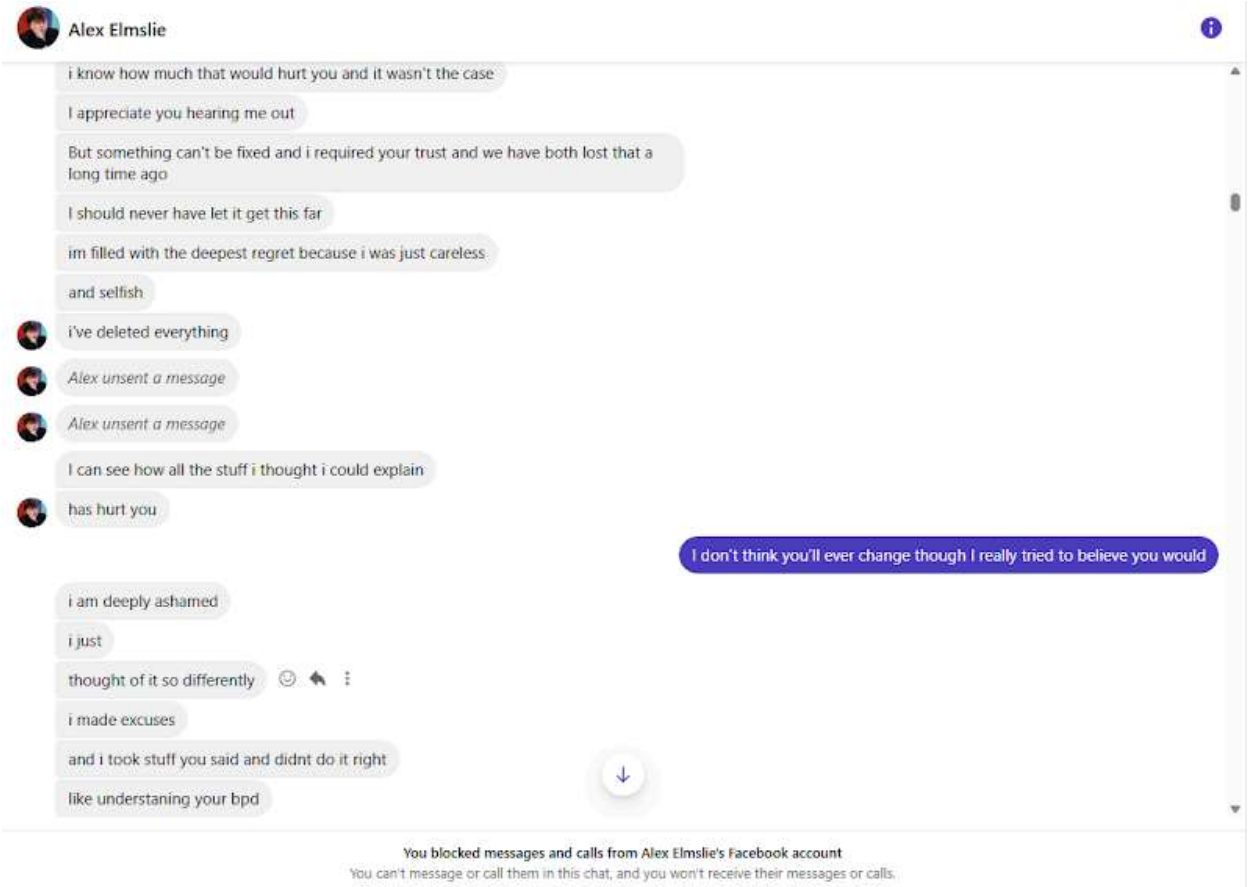

4/16/24, 7:05 PM
i'm sorry for the argument the other day and instantly asking you to do something for me
it wasn't my place and it isn't okay
i understand the pressure i have put you under has been immense
let me know if you want to talk about anything further. I will be here whenever that is.
4/16/24, 7:43 PM
hey
can we talk about this?
did you hear everything?
im so sorry alice
shall i stop?
or are you writing
Talk about what
There's nothing to talk about
there's a lot
No there isn't
You blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First

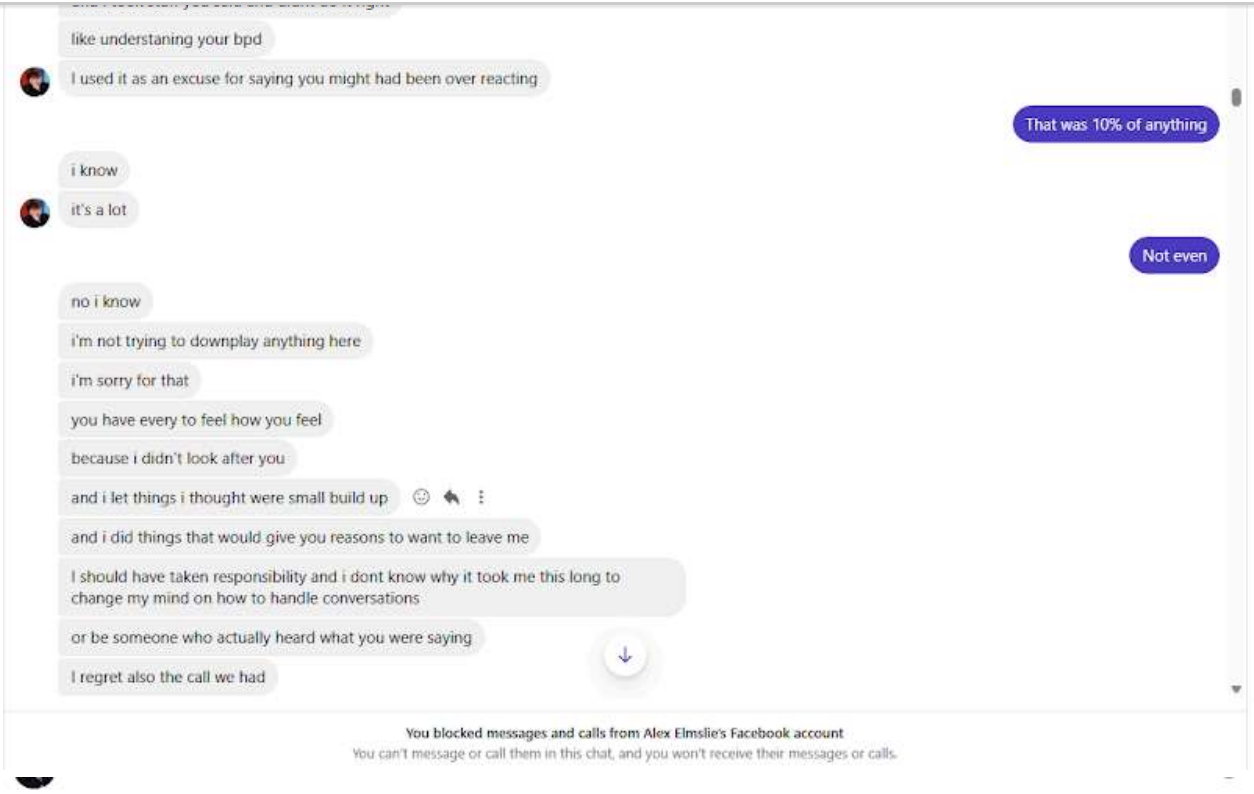

You said yours
what happens now?
What do you think
i don't know
i wanted to try and make it right by you
i made a lot of excuses
i didnt realise how one sided i was being
Alex replied to you
What do you think
what do you mean by this?
is there no way i can work through this with you? does that not make everything more understandable or different? i feel so conflicted about a lot of stuff
Im sorry that i didn't apologise properly before
i know i was being hopeful ny thinking that maybe we could work on it
and it took me too long to own up to my own mistakes
Alex unsent a message
You blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.
4/16/24, 8:33 PM
Alex replied to you
You should probably just forget I exist
i dont want to do this
I shouldn't have waited the 7 days to send that apology
and that following that girl was a horrendous mistake
and its set off a chain of events that i deeply regret
You kept saying you wanted to talk and ive hung on that
because i thought you would see it differently
and i wanted you to feel like you were ready for that conversation
but its got so bad now
and my apologies for the part i played no longer mean anything to you, i can see its gone past the point of being able to talk about this
I thought after i explained what happened with that girl that everything would go back
because it was a really silly thing that happened and i chalked it off because she was just an acquaintance
am i blocked?
that's not meant to gain pity
or to blame you for anything
You blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

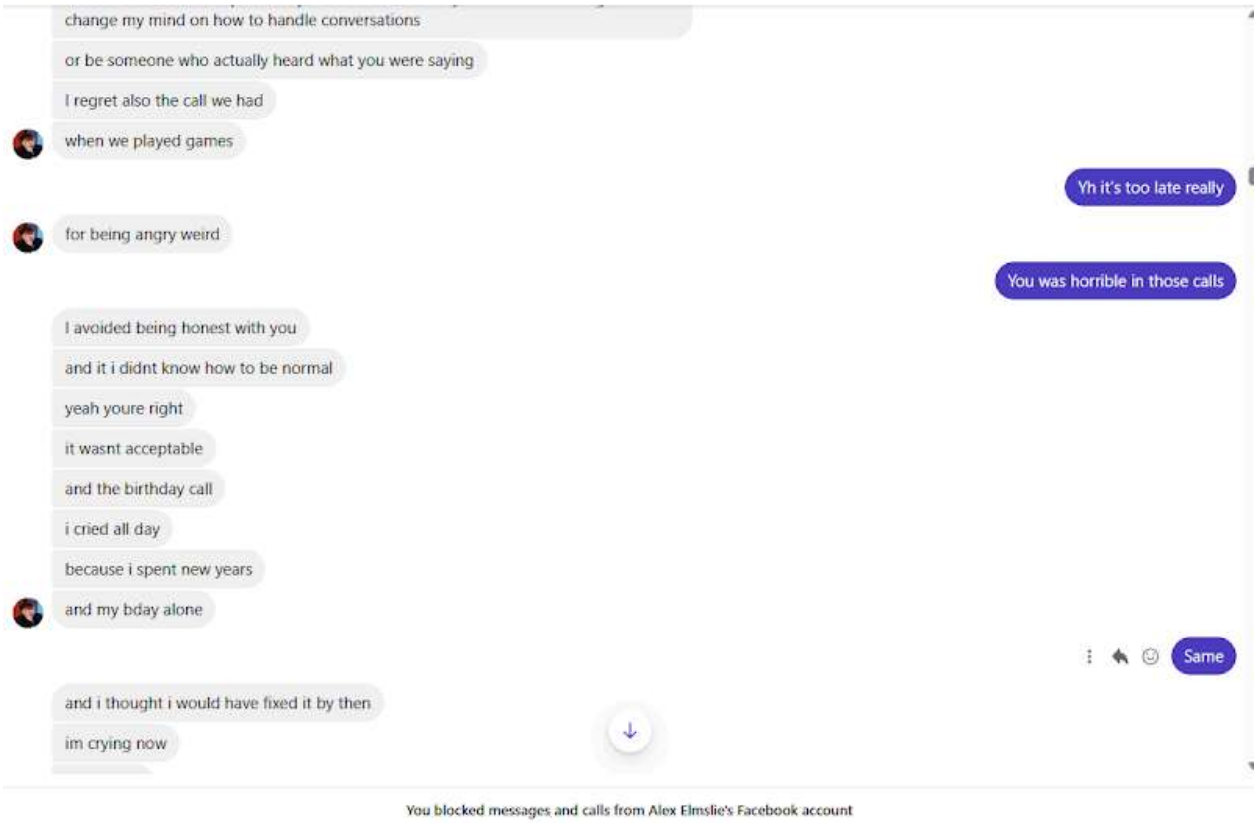
# Response - Read First


you did your best
and you held on for a long time
but i can see that it's moved into a place where it will be uncomfortable
and i don't want to make you feel worse or hurt you any further
i should just leave it at that, i was so shocked when i saw the message you sent, but i understand that is how you feel
I didn't change my behaviour fast enough where everything must look terrible to you
I made that happen by pushing for you to do stuff for me, i passed it off that we both wanted it and used old conversations to fuel that
I really wished it wasn't too late after last week
but being angry and pushing against you a few days ago was too much
i should have swallowed it and left it but i wanted to defend myself
because i didn't want you to think i was lying to you about moving on
or messaging girls
i know how much that would hurt you and it wasn't the case
I appreciate you hearing me out
But something can't be fixed and i required your trust and we have both lost
You blocked messages and calls from Alex Elmslie's Facebook account

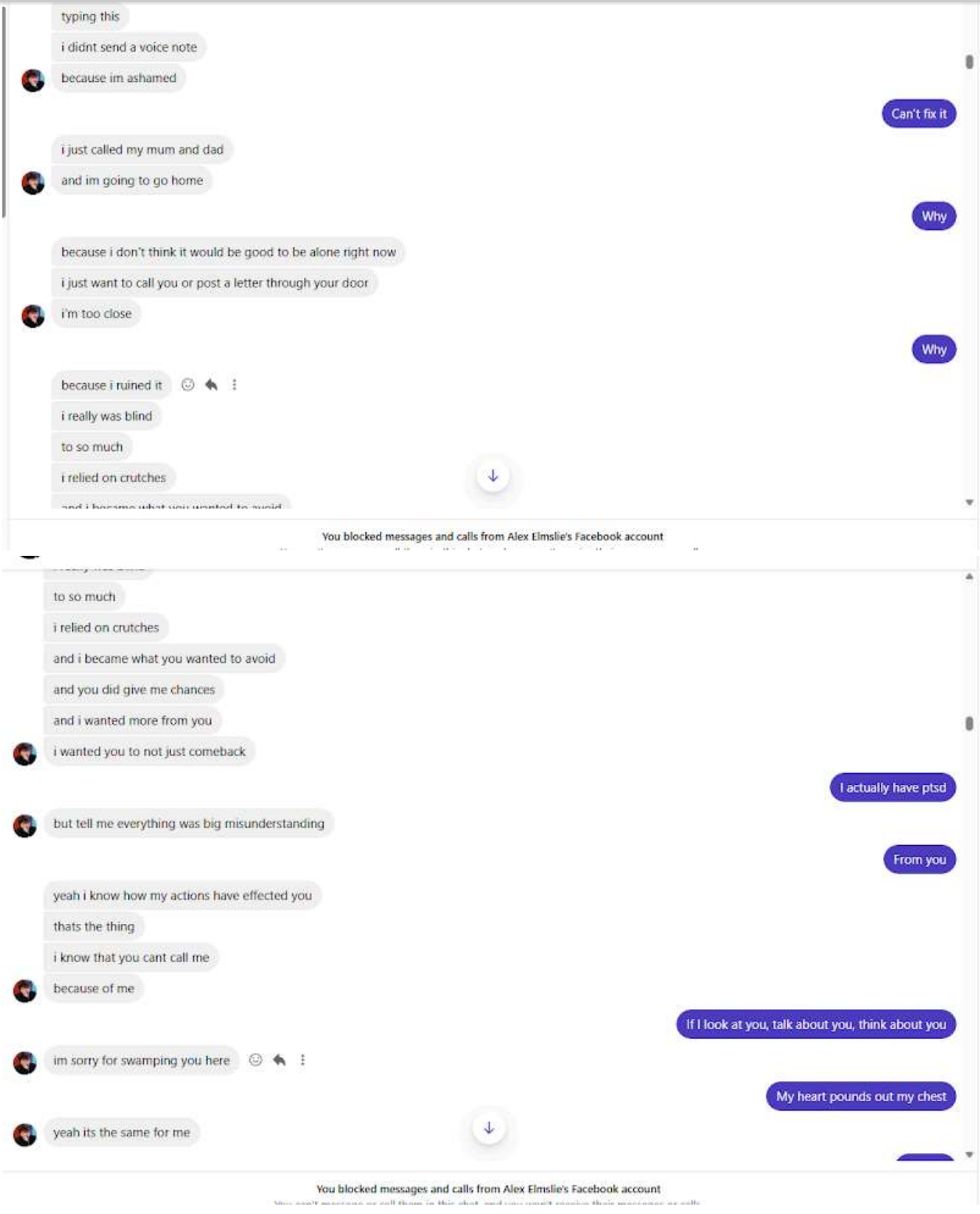

Alex Elmslie
i know how much that would hurt you and it wasn't the case
I appreciate you hearing me out
But something can't be fixed and i required your trust and we have both lost that a long time ago
I should never have let it get this far
im filled with the deepest regret because i was just careless
and selfish
i've deleted everything
Alex unsent a message
Alex unsent a message
I can see how all the stuff i thought i could explain
has hurt you
I don't think you'll ever change though I really tried to believe you would
i am deeply ashamed
i just
thought of it so differently
i made excuses
and i took stuff you said and didnt do it right
like understaning your bpd
You blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First

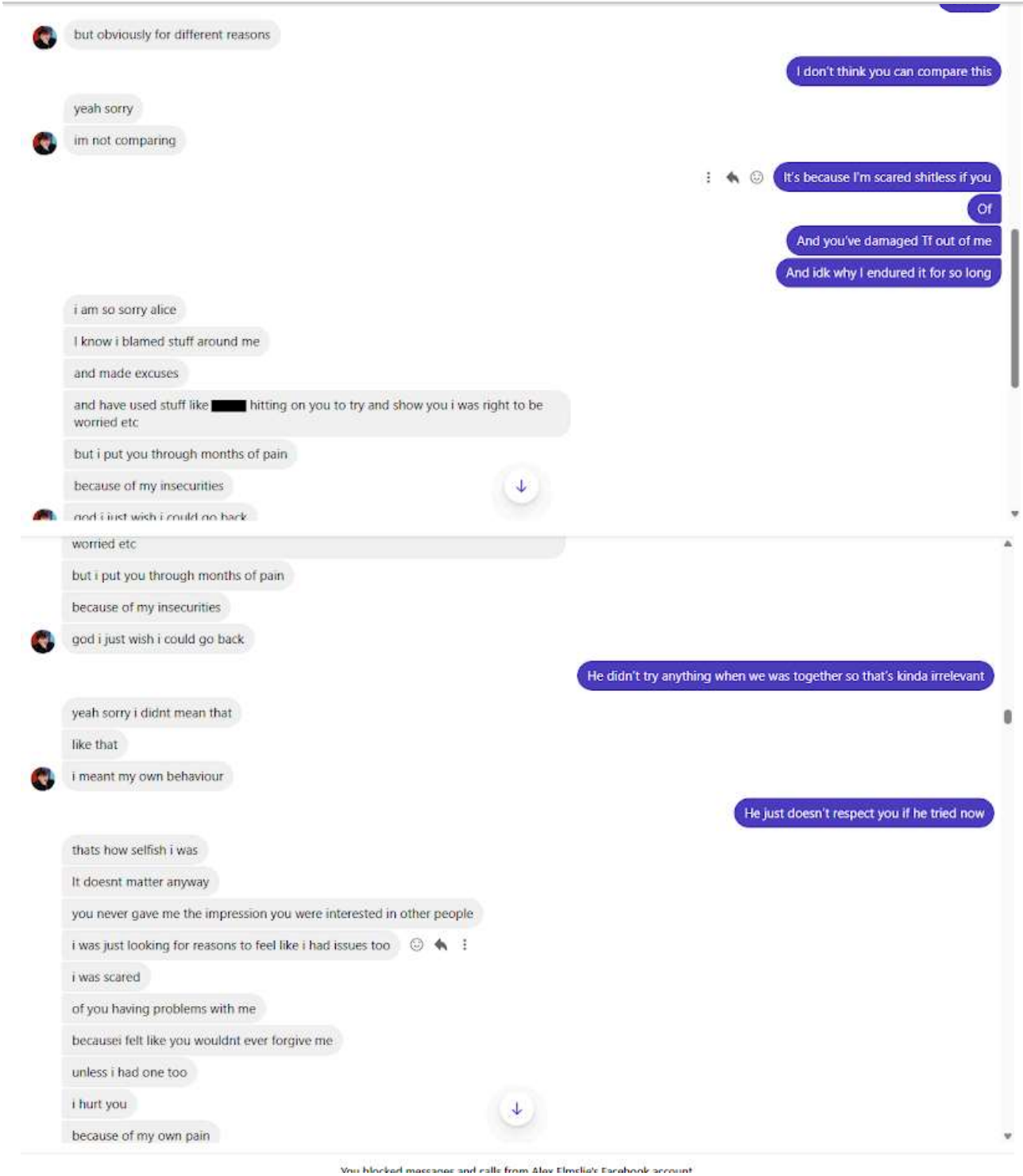

like understaning your bpd
I used it as an excuse for saying you might had been over reacting
That was 10% of anything
i know
it's a lot
Not even
no i know
i'm not trying to downplay anything here
i'm sorry for that
you have every to feel how you feel
because i didn't look after you
and i let things i thought were small build up
and i did things that would give you reasons to want to leave me
I should have taken responsibility and i dont know why it took me this long to change my mind on how to handle conversations
or be someone who actually heard what you were saying
I regret also the call we had
You blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.


change my mind on how to handle conversations
or be someone who actually heard what you were saying
I regret also the call we had
when we played games
Yh it's too late really
for being angry weird
You was horrible in those calls
I avoided being honest with you
and it i didnt know how to be normal
yeah youre right
it wasnt acceptable
and the birthday call
i cried all day
because i spent new years
and my bday alone
Same
and i thought i would have fixed it by then
im crying now
You blocked messages and calls from Alex Elmslie's Facebook account

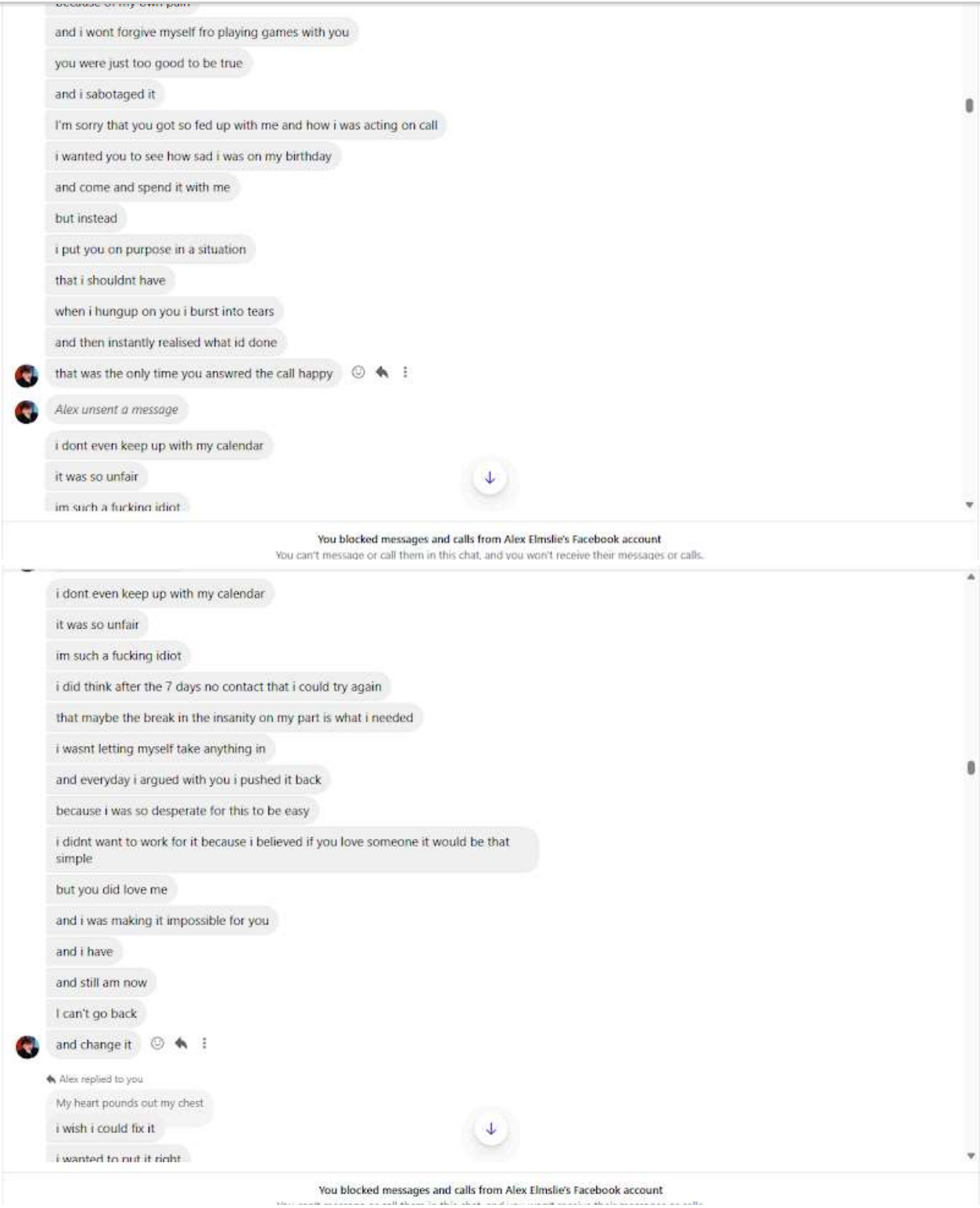
# Response - Read First


typing this
i didnt send a voice note
because im ashamed
Can't fix it
i just called my mum and dad
and im going to go home
Why
because i don't think it would be good to be alone right now
i just want to call you or post a letter through your door
i'm too close
Why
because i ruined it
i really was blind
to so much
i relied on crutches
You blocked messages and calls from Alex Elmslie's Facebook account
to so much
i relied on crutches
and i became what you wanted to avoid
and you did give me chances
and i wanted more from you
i wanted you to not just comeback
I actually have ptsd
but tell me everything was big misunderstanding
From you
yeah i know how my actions have effected you
thats the thing
i know that you cant call me
because of me
If I look at you, talk about you, think about you
im sorry for swamping you here
My heart pounds out my chest
yeah its the same for me
You blocked messages and calls from Alex Elmslie's Facebook account

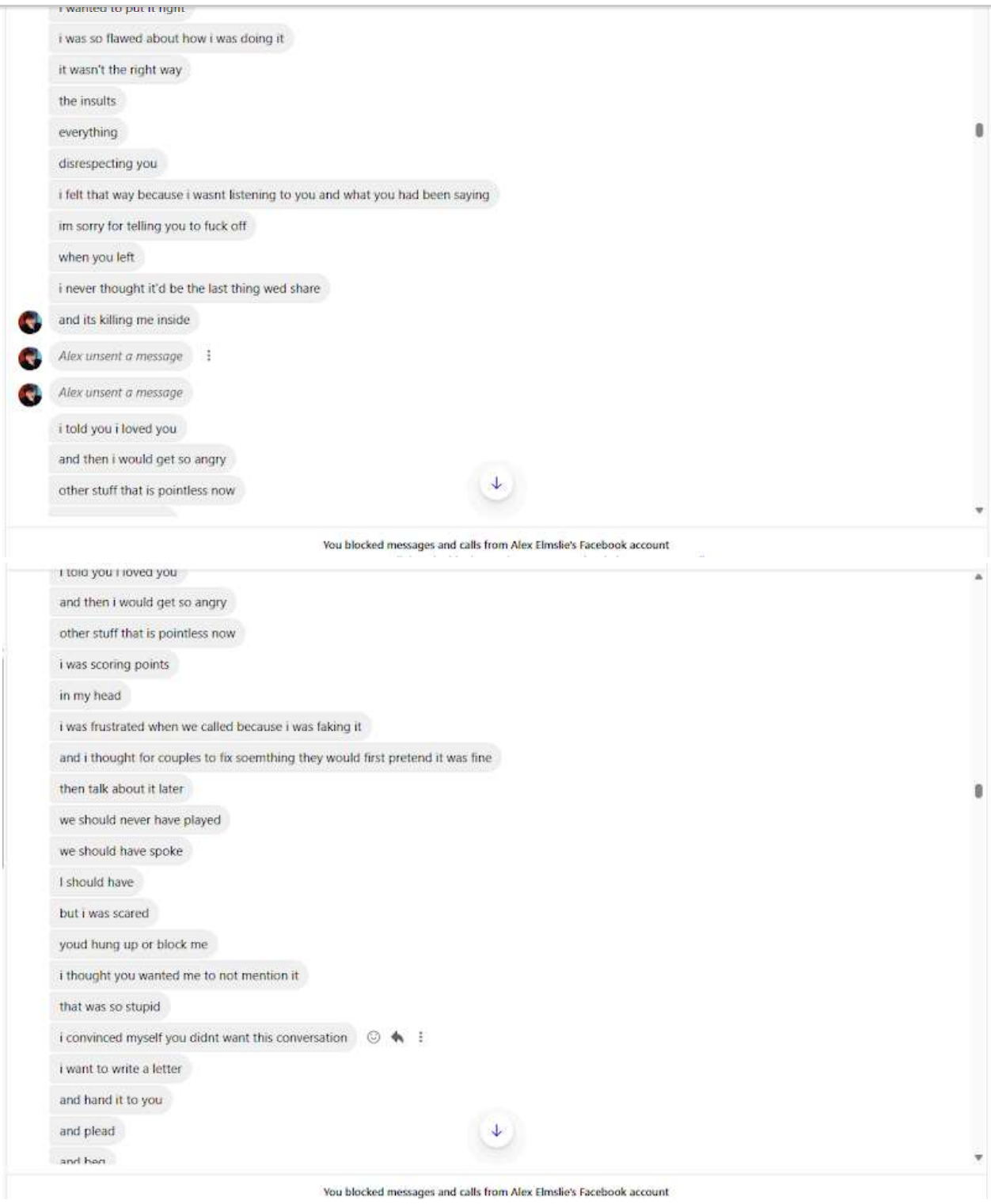
# Response - Read First


but obviously for different reasons
I don't think you can compare this
yeah sorry
im not comparing
It's because I'm scared shitless if you
Of
And you've damaged Tf out of me
And idk why I endured it for so long
i am so sorry alice
I know i blamed stuff around me
and made excuses
and have used stuff like [redacted] hitting on you to try and show you i was right to be worried etc
but i put you through months of pain
because of my insecurities
god i just wish i could go back
worried etc
but i put you through months of pain
because of my insecurities
god i just wish i could go back
He didn't try anything when we was together so that's kinda irrelevant
yeah sorry i didnt mean that
like that
i meant my own behaviour
He just doesn't respect you if he tried now
thats how selfish i was
It doesnt matter anyway
you never gave me the impression you were interested in other people
i was just looking for reasons to feel like i had issues too
i was scared
of you having problems with me
becausei felt like you wouldnt ever forgive me
unless i had one too
i hurt you
because of my own pain
You blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First

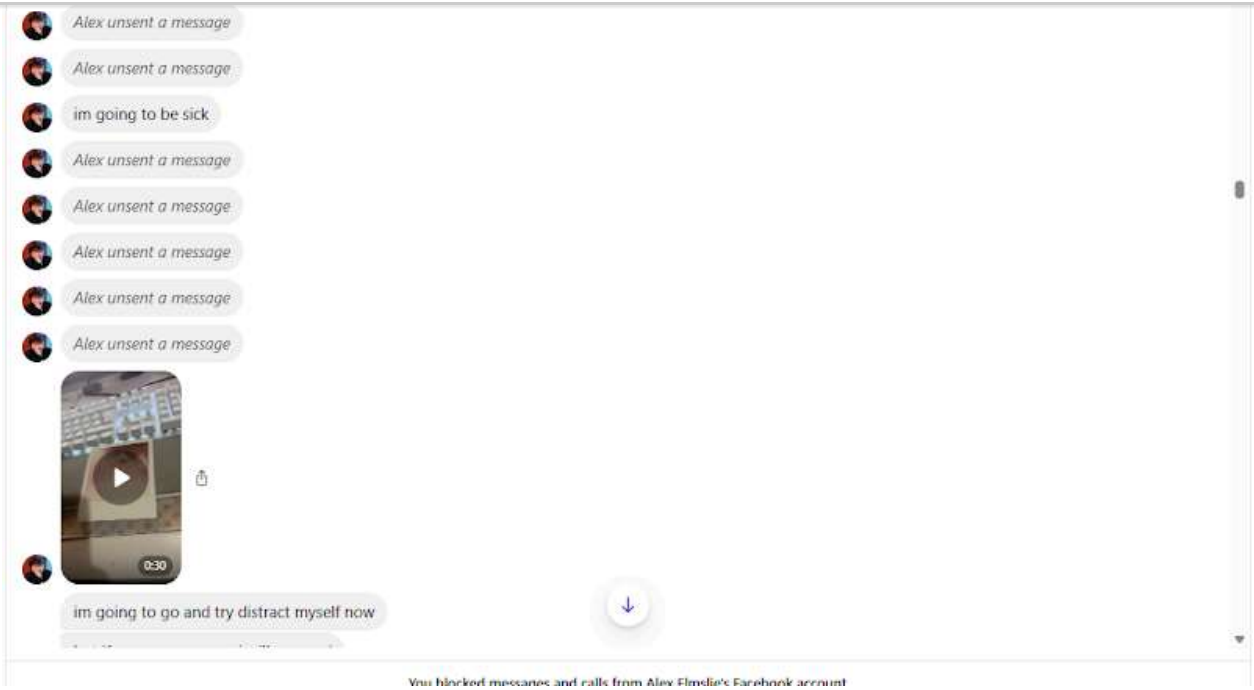

and i wont forgive myself fro playing games with you
you were just too good to be true
and i sabotaged it
I'm sorry that you got so fed up with me and how i was acting on call
i wanted you to see how sad i was on my birthday
and come and spend it with me
but instead
i put you on purpose in a situation
that i shouldnt have
when i hungup on you i burst into tears
and then instantly realised what id done
that was the only time you answred the call happy
Alex unsent a message
i dont even keep up with my calendar
it was so unfair
im such a fucking idiot
You blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.
i dont even keep up with my calendar
it was so unfair
im such a fucking idiot
i did think after the 7 days no contact that i could try again
that maybe the break in the insanity on my part is what i needed
i wasnt letting myself take anything in
and everyday i argued with you i pushed it back
because i was so desperate for this to be easy
i didnt want to work for it because i believed if you love someone it would be that simple
but you did love me
and i was making it impossible for you
and i have
and still am now
I can't go back
and change it
Alex replied to you
My heart pounds out my chest
i wish i could fix it
i wanted to put it right
You blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First

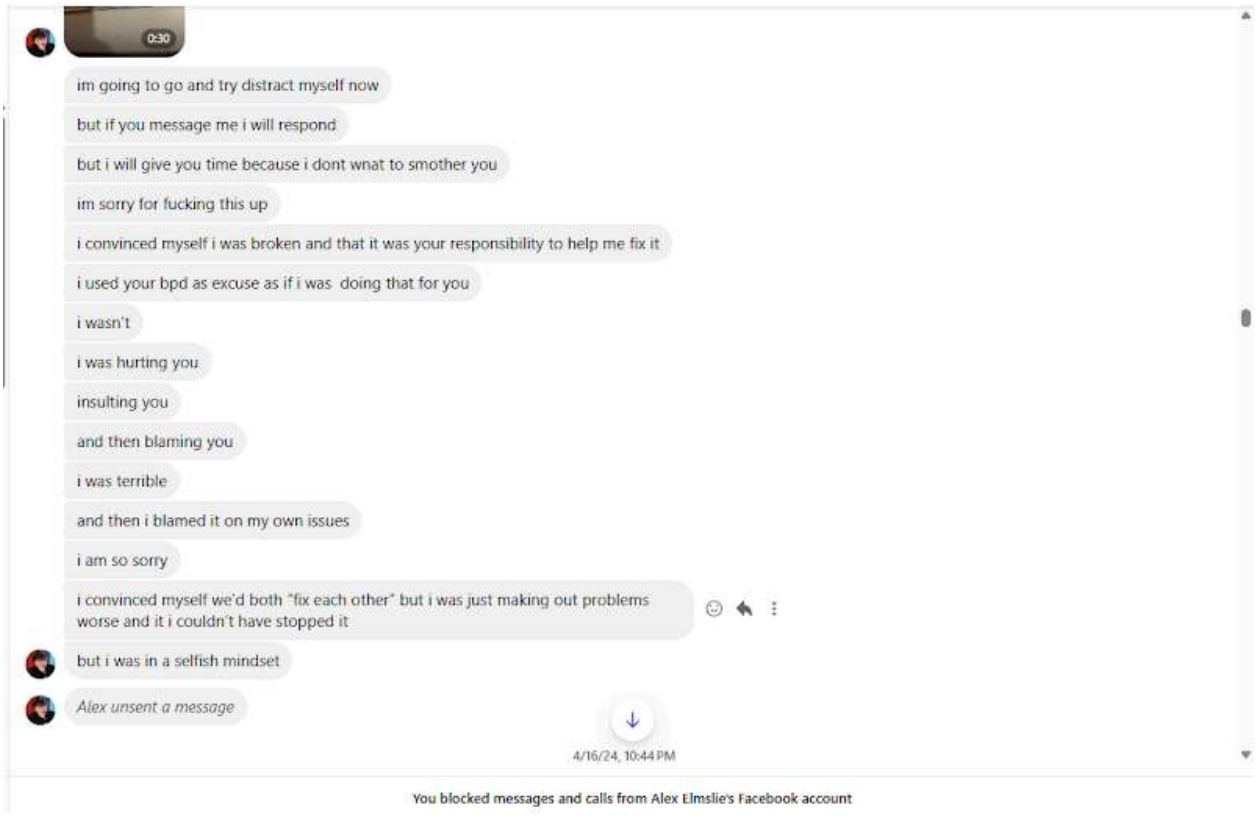

i was so flawed about how i was doing it
it wasn't the right way
the insults
everything
disrespecting you
i felt that way because i wasnt listening to you and what you had been saying
im sorry for telling you to fuck off
when you left
i never thought it'd be the last thing wed share
and its killing me inside
Alex unsent a message
Alex unsent a message
i told you i loved you
and then i would get so angry
other stuff that is pointless now
You blocked messages and calls from Alex Elmslie's Facebook account
and then i would get so angry
other stuff that is pointless now
i was scoring points
in my head
i was frustrated when we called because i was faking it
and i thought for couples to fix soemthing they would first pretend it was fine
then talk about it later
we should never have played
we should have spoke
I should have
but i was scared
youd hung up or block me
i thought you wanted me to not mention it
that was so stupid
i convinced myself you didnt want this conversation
i want to write a letter
and hand it to you
and plead
You blocked messages and calls from Alex Elmslie's Facebook account

“I want to write a letter and hand it to you” not being manipulated once to send me a letter.

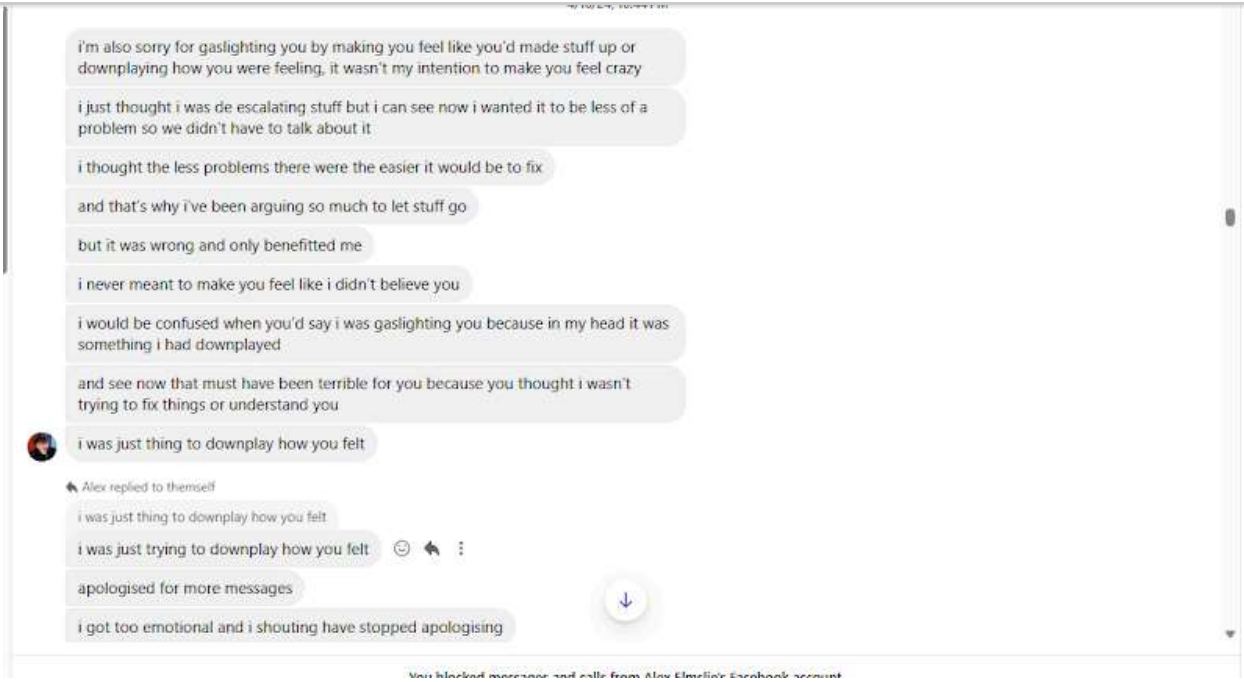
# Response - Read First

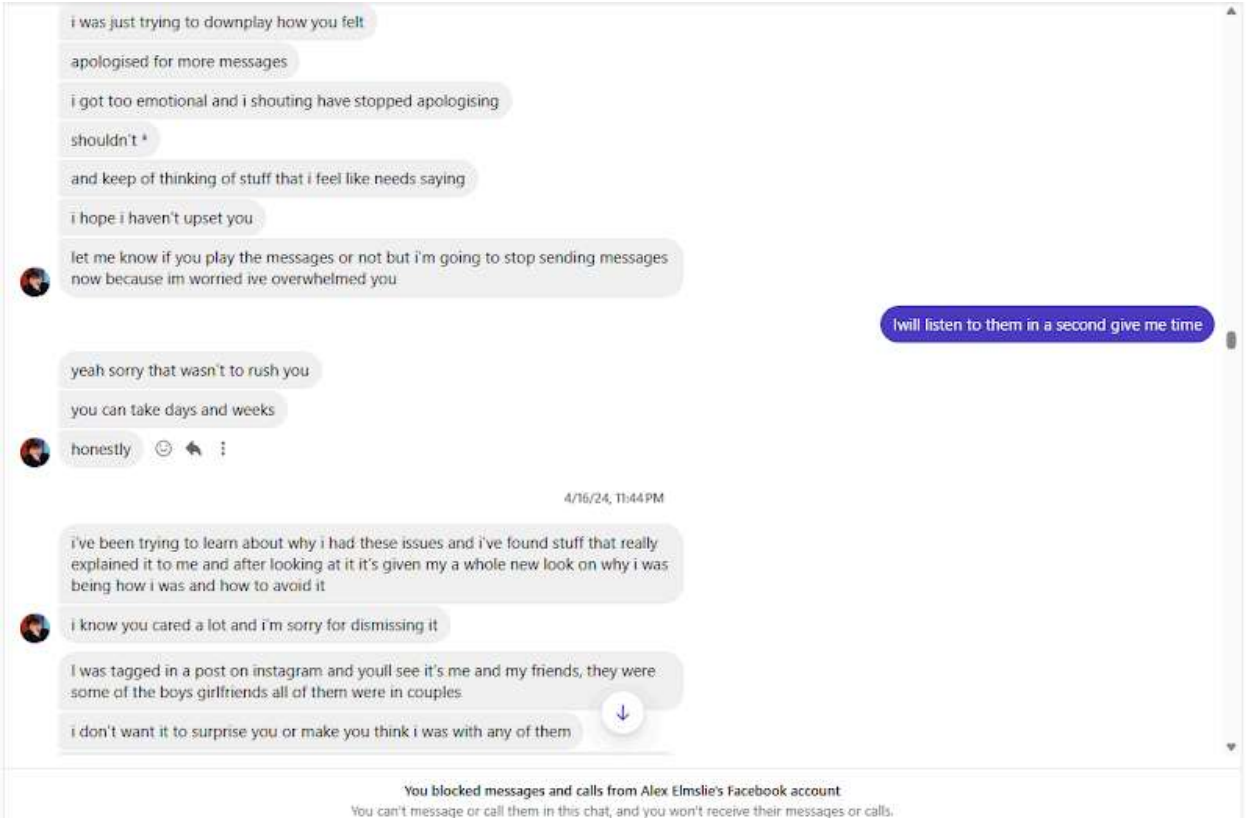

Alex unsent a message
Alex unsent a message
im going to be sick
Alex unsent a message
Alex unsent a message
Alex unsent a message
Alex unsent a message
Alex unsent a message
0:30
im going to go and try distract myself now
You blocked messages and calls from Alex Elmslie's Facebook account

unset many videos of him crying and apologising, i managed to keep the voice messages that he has unsent and will be attaching them to this document.

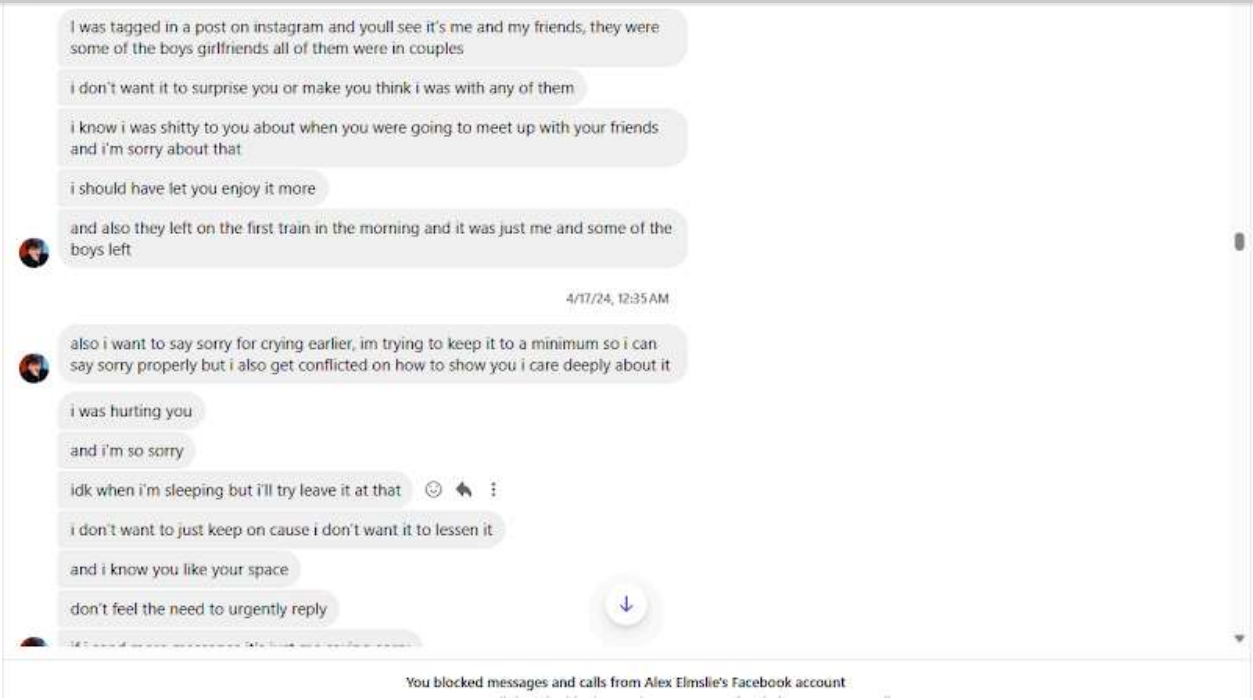

0:30
im going to go and try distract myself now
but if you message me i will respond
but i will give you time because i dont wnat to smother you
im sorry for fucking this up
i convinced myself i was broken and that it was your responsibility to help me fix it
i used your bpd as excuse as if i was doing that for you
i wasn't
i was hurting you
insulting you
and then blaming you
i was terrible
and then i blamed it on my own issues
i am so sorry
i convinced myself we'd both "fix each other" but i was just making out problems worse and it i couldn't have stopped it
but i was in a selfish mindset
Alex unsent a message
4/16/24, 10:44 PM
You blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First


i'm also sorry for gaslighting you by making you feel like you'd made stuff up or downplaying how you were feeling, it wasn't my intention to make you feel crazy
i just thought i was de escalating stuff but i can see now i wanted it to be less of a problem so we didn't have to talk about it
i thought the less problems there were the easier it would be to fix
and that's why i've been arguing so much to let stuff go
but it was wrong and only benefitted me
i never meant to make you feel like i didn't believe you
i would be confused when you'd say i was gaslighting you because in my head it was something i had downplayed
and see now that must have been terrible for you because you thought i wasn't trying to fix things or understand you
i was just thing to downplay how you felt
Alex replied to themself
i was just thing to downplay how you felt
i was just trying to downplay how you felt
apologised for more messages
i got too emotional and i shouting have stopped apologising

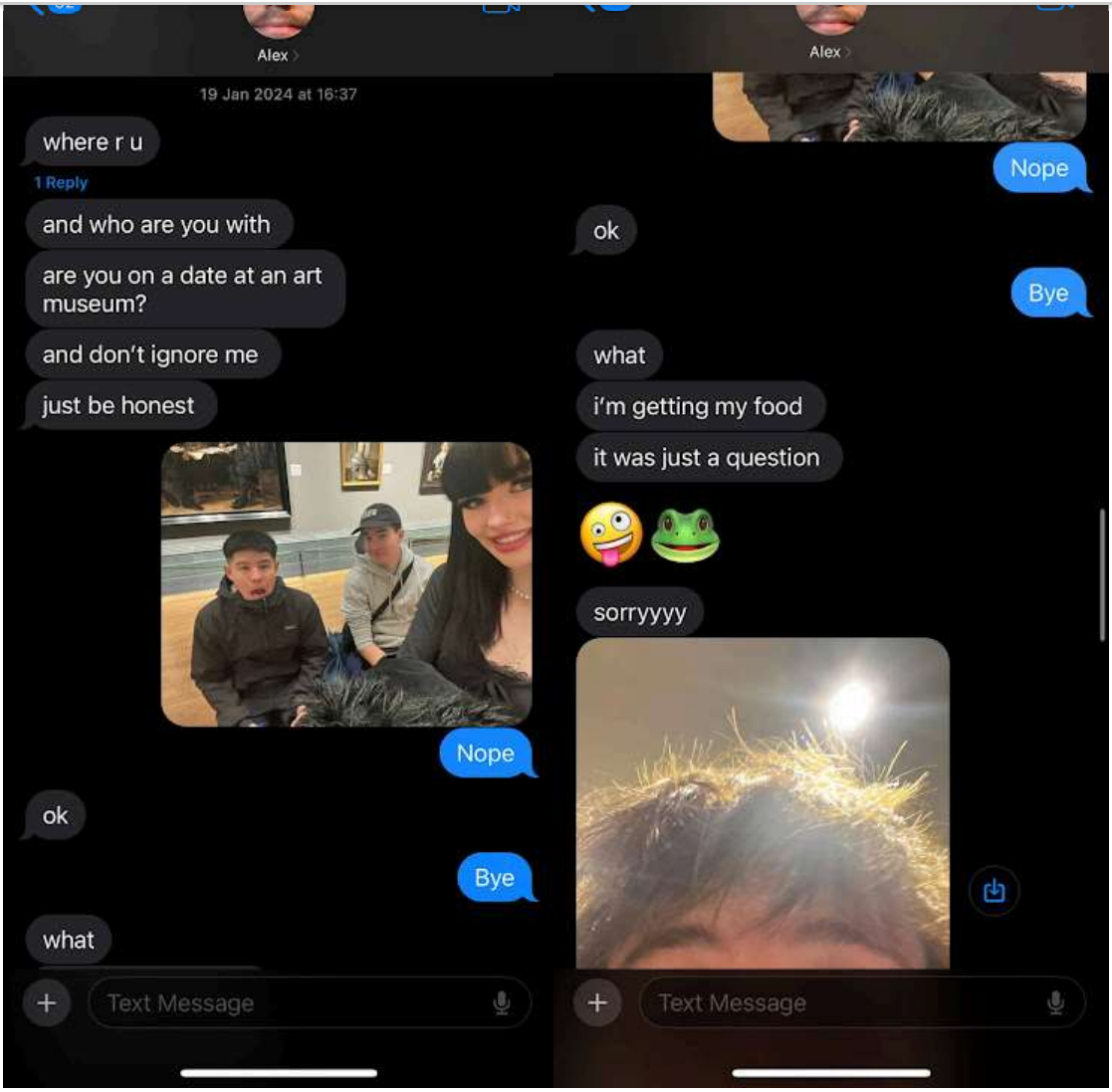

i was just trying to downplay how you felt
apologised for more messages
i got too emotional and i shouting have stopped apologising
shouldn't *
and keep of thinking of stuff that i feel like needs saying
i hope i haven't upset you
let me know if you play the messages or not but i'm going to stop sending messages now because im worried ive overwhelmed you
I will listen to them in a second give me time
yeah sorry that wasn't to rush you
you can take days and weeks
honestly
4/16/24, 11:44 PM
i've been trying to learn about why i had these issues and i've found stuff that really explained it to me and after looking at it it's given my a whole new look on why i was being how i was and how to avoid it
i know you cared a lot and i'm sorry for dismissing it
I was tagged in a post on instagram and youll see it's me and my friends, they were some of the boys girlfriends all of them were in couples
i don't want it to surprise you or make you think i was with any of them
You blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

# Response - Read First


I was tagged in a post on instagram and youll see it's me and my friends, they were some of the boys girlfriends all of them were in couples
i don't want it to surprise you or make you think i was with any of them
i know i was shitty to you about when you were going to meet up with your friends and i'm sorry about that
i should have let you enjoy it more
and also they left on the first train in the morning and it was just me and some of the boys left
4/17/24, 12:35 AM
also i want to say sorry for crying earlier, im trying to keep it to a minimum so i can say sorry properly but i also get conflicted on how to show you i care deeply about it
i was hurting you
and i'm so sorry
idk when i'm sleeping but i'll try leave it at that
i don't want to just keep on cause i don't want it to lessen it
and i know you like your space
don't feel the need to urgently reply
You blocked messages and calls from Alex Elmslie's Facebook account

He talks about being shitty to me meeting my friends, this is something I never really spoke about, but I wasn't allowed to stay with my friends whenever they came to London and I understood and accepted it.
He then after breaking up was constantly on me for where I am if I posted about me being out.

# Response - Read First



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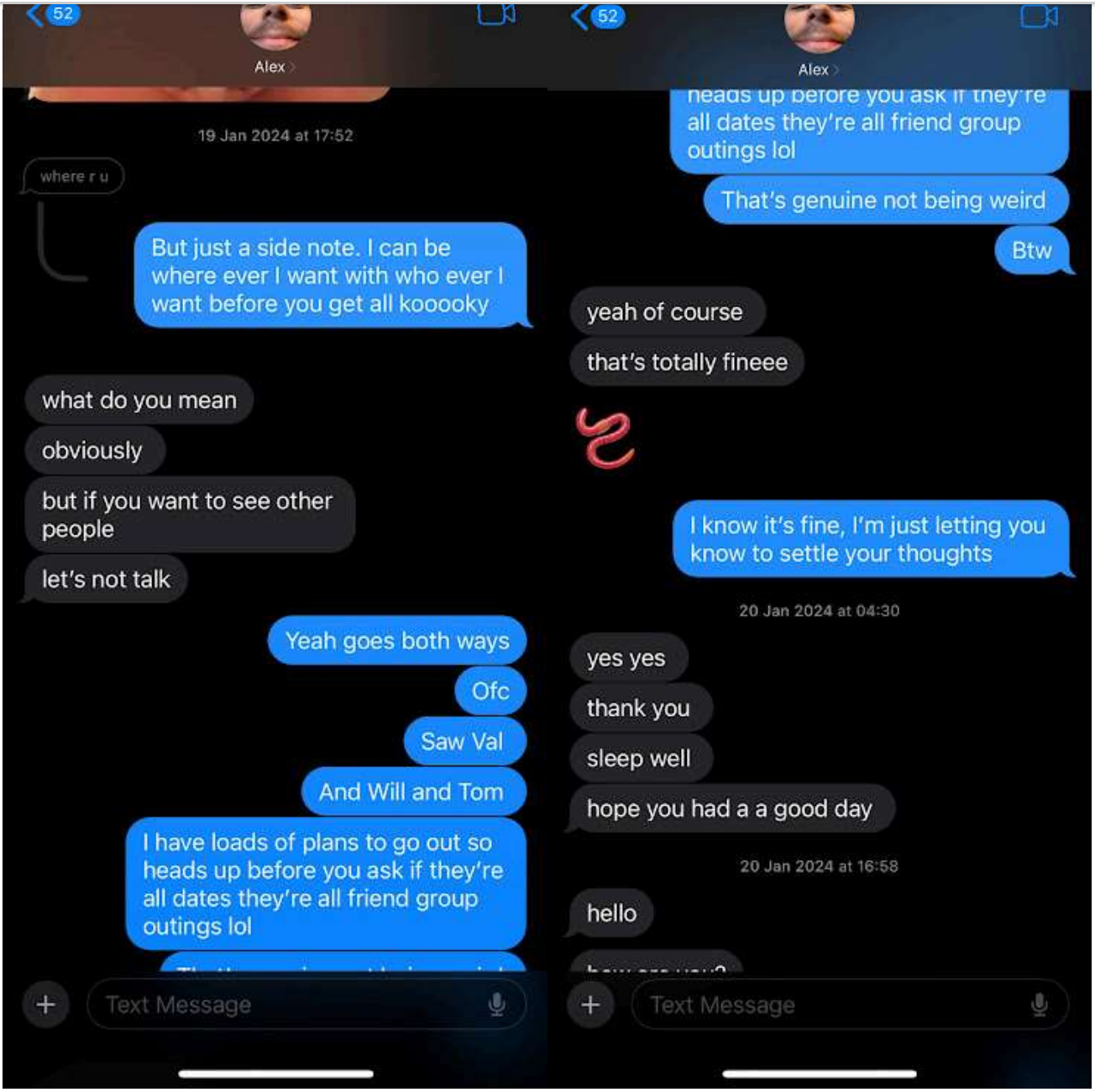
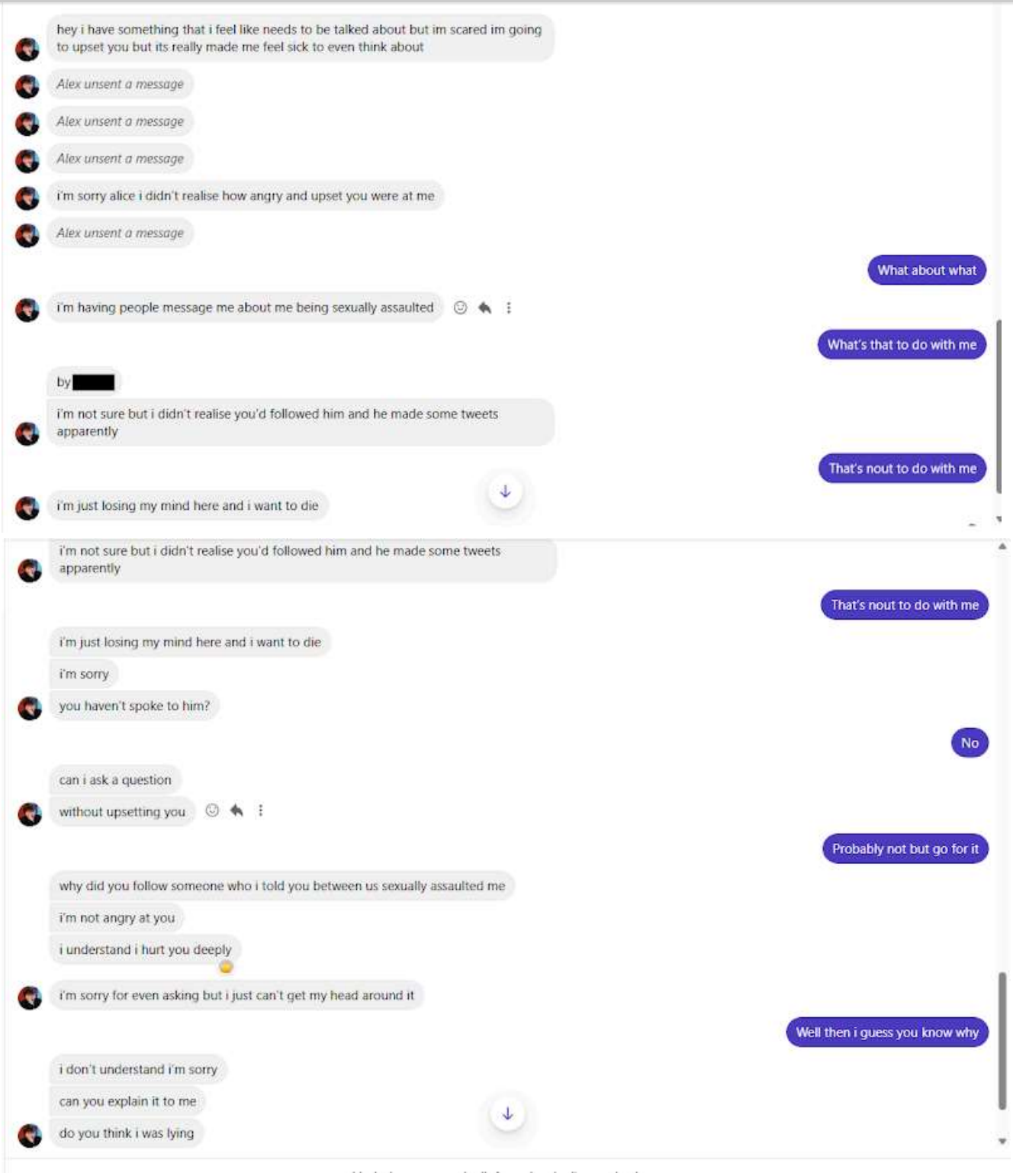
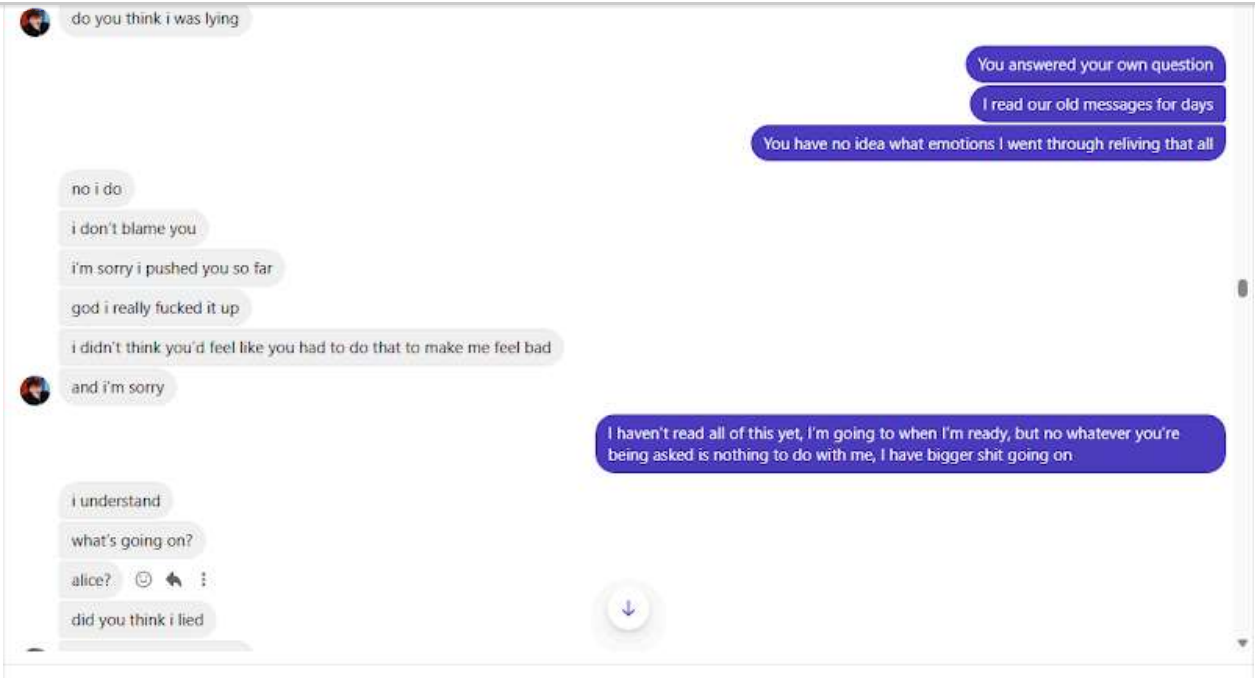

52
Alex
19 Jan 2024 at 17:52
where r u
But just a side note. I can be where ever I want with who ever I want before you get all kooooky
what do you mean
obviously
but if you want to see other people
let's not talk
Yeah goes both ways
Ofc
Saw Val
And Will and Tom
I have loads of plans to go out so heads up before you ask if they're all dates they're all friend group outings lol
Text Message
52
Alex
heads up before you ask if they're all dates they're all friend group outings lol
That's genuine not being weird
Btw
yeah of course
that's totally fineee
I know it's fine, I'm just letting you know to settle your thoughts
20 Jan 2024 at 04:30
yes yes
thank you
sleep well
hope you had a a good day
20 Jan 2024 at 16:58
hello
Text Message

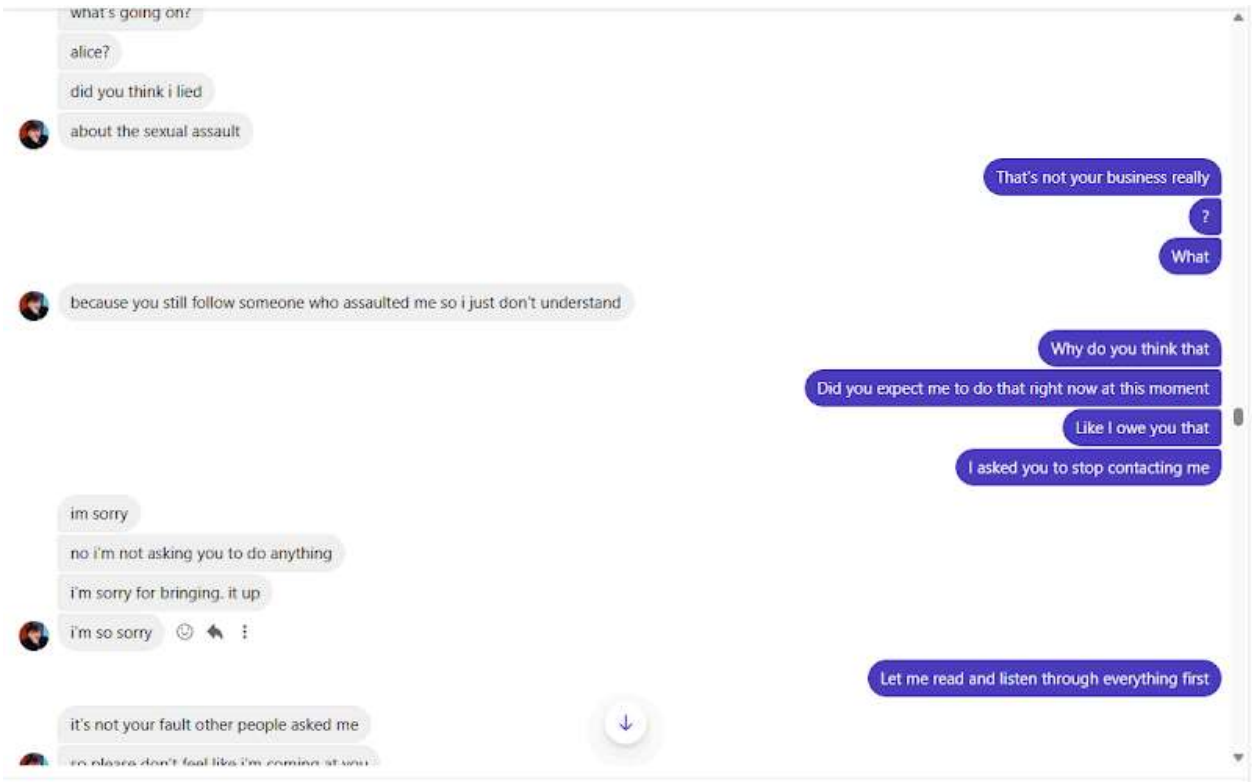
# Response - Read First


hey i have something that i feel like needs to be talked about but im scared im going to upset you but its really made me feel sick to even think about
Alex unsent a message
Alex unsent a message
Alex unsent a message
i'm sorry alice i didn't realise how angry and upset you were at me
Alex unsent a message
What about what
i'm having people message me about me being sexually assaulted
What's that to do with me
by [redacted]
i'm not sure but i didn't realise you'd followed him and he made some tweets apparently
That's nout to do with me
i'm just losing my mind here and i want to die
i'm not sure but i didn't realise you'd followed him and he made some tweets apparently
That's nout to do with me
i'm just losing my mind here and i want to die
i'm sorry
you haven't spoke to him?
No
can i ask a question
without upsetting you
Probably not but go for it
why did you follow someone who i told you between us sexually assaulted me
i'm not angry at you
i understand i hurt you deeply
i'm sorry for even asking but i just can't get my head around it
Well then i guess you know why
i don't understand i'm sorry
can you explain it to me
do you think i was lying

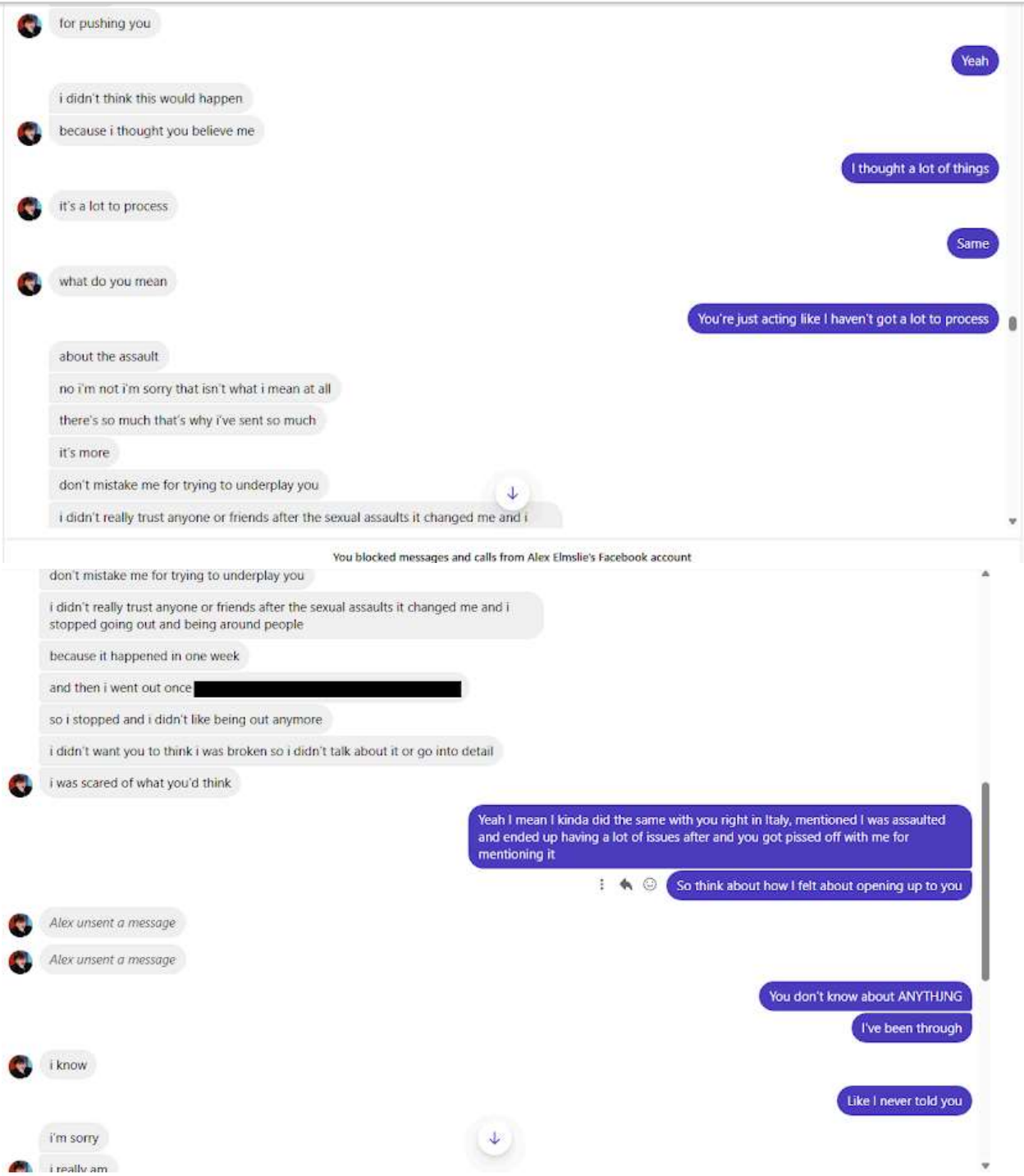
I go into more detail on this later in the document, but I want to make it clear now I did not follow anyone to hurt Alex, and had been contacted by this guy first. I wont add what he says out of respect, as he talks more about what happened to him and did not add it in his video and i won't put it on blast.

# Response - Read First


do you think i was lying
You answered your own question
I read our old messages for days
You have no idea what emotions I went through reliving that all
no i do
i don't blame you
i'm sorry i pushed you so far
god i really fucked it up
i didn't think you'd feel like you had to do that to make me feel bad
and i'm sorry
I haven't read all of this yet, I'm going to when I'm ready, but no whatever you're being asked is nothing to do with me, I have bigger shit going on
i understand
what's going on?
alice?
did you think i lied

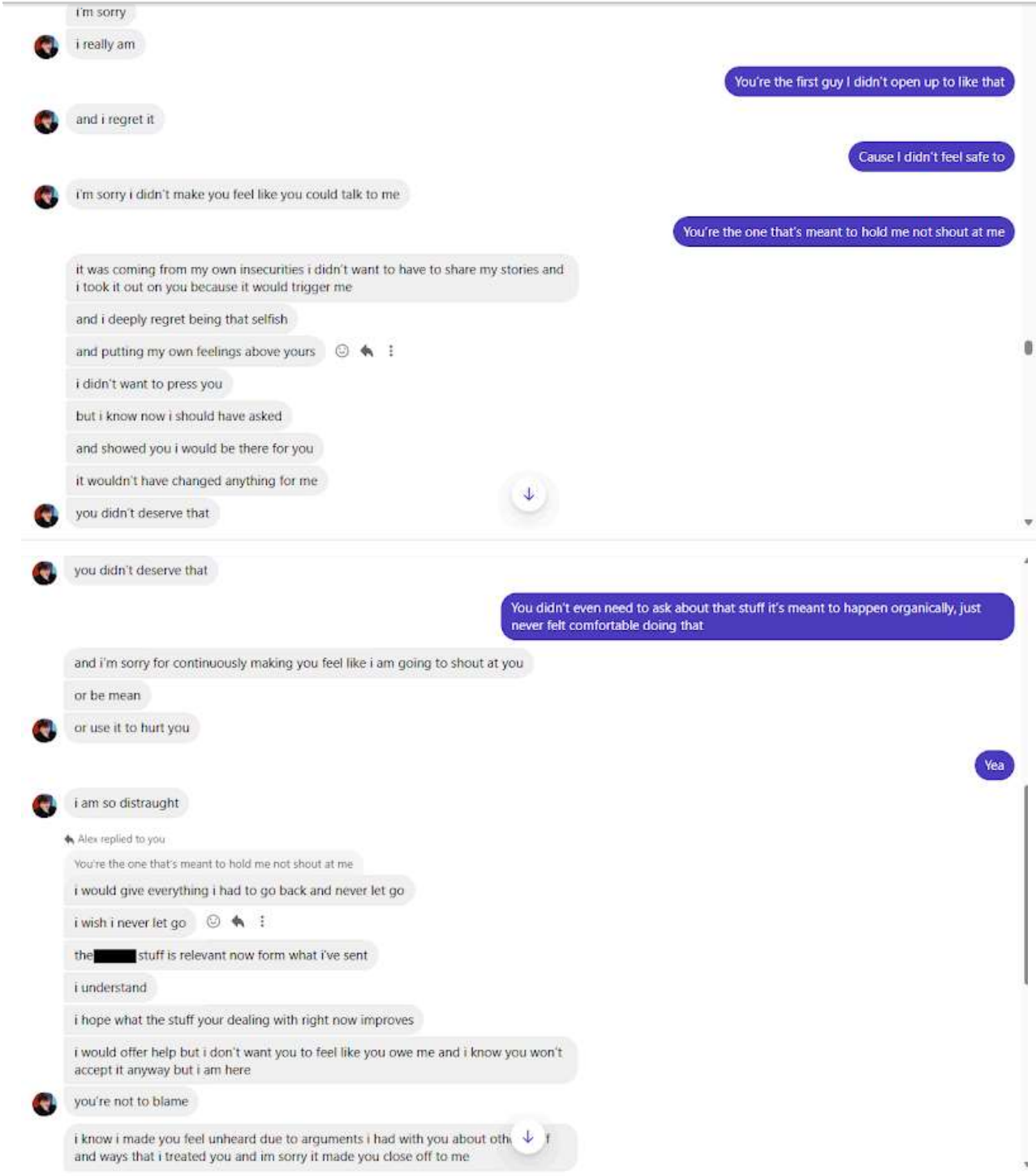

what's going on?
alice?
did you think i lied
about the sexual assault
That's not your business really
?
What
because you still follow someone who assaulted me so i just don't understand
Why do you think that
Did you expect me to do that right now at this moment
Like I owe you that
I asked you to stop contacting me
im sorry
no i'm not asking you to do anything
i'm sorry for bringing. it up
i'm so sorry
Let me read and listen through everything first
it's not your fault other people asked me

# Response - Read First

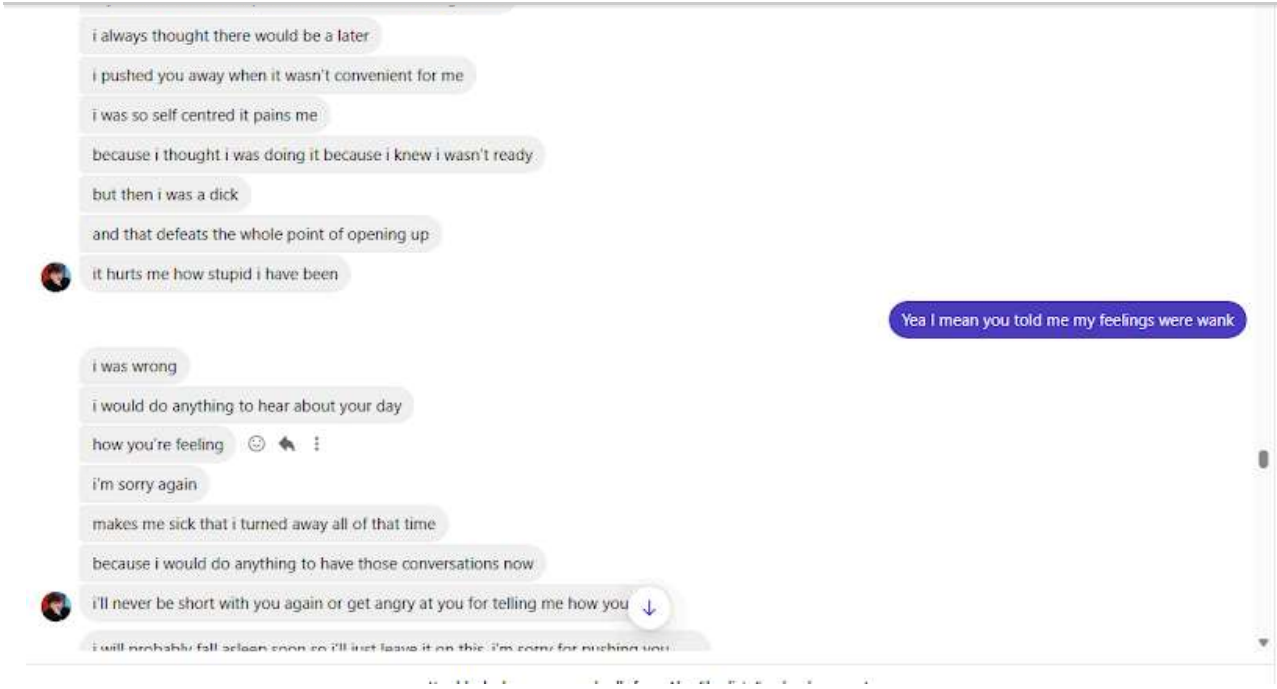

for pushing you
Yeah
i didn't think this would happen
because i thought you believe me
I thought a lot of things
it's a lot to process
Same
what do you mean
You're just acting like I haven't got a lot to process
about the assault
no i'm not i'm sorry that isn't what i mean at all
there's so much that's why i've sent so much
it's more
don't mistake me for trying to underplay you
i didn't really trust anyone or friends after the sexual assaults it changed me and i
You blocked messages and calls from Alex Elmslie's Facebook account
don't mistake me for trying to underplay you
i didn't really trust anyone or friends after the sexual assaults it changed me and i stopped going out and being around people
because it happened in one week
and then i went out once [redacted]
so i stopped and i didn't like being out anymore
i didn't want you to think i was broken so i didn't talk about it or go into detail
i was scared of what you'd think
Yeah I mean I kinda did the same with you right in Italy, mentioned I was assaulted and ended up having a lot of issues after and you got pissed off with me for mentioning it
So think about how I felt about opening up to you
Alex unsent a message
Alex unsent a message
You don't know about ANYTHJNG
I've been through
i know
Like I never told you
i'm sorry
i really am

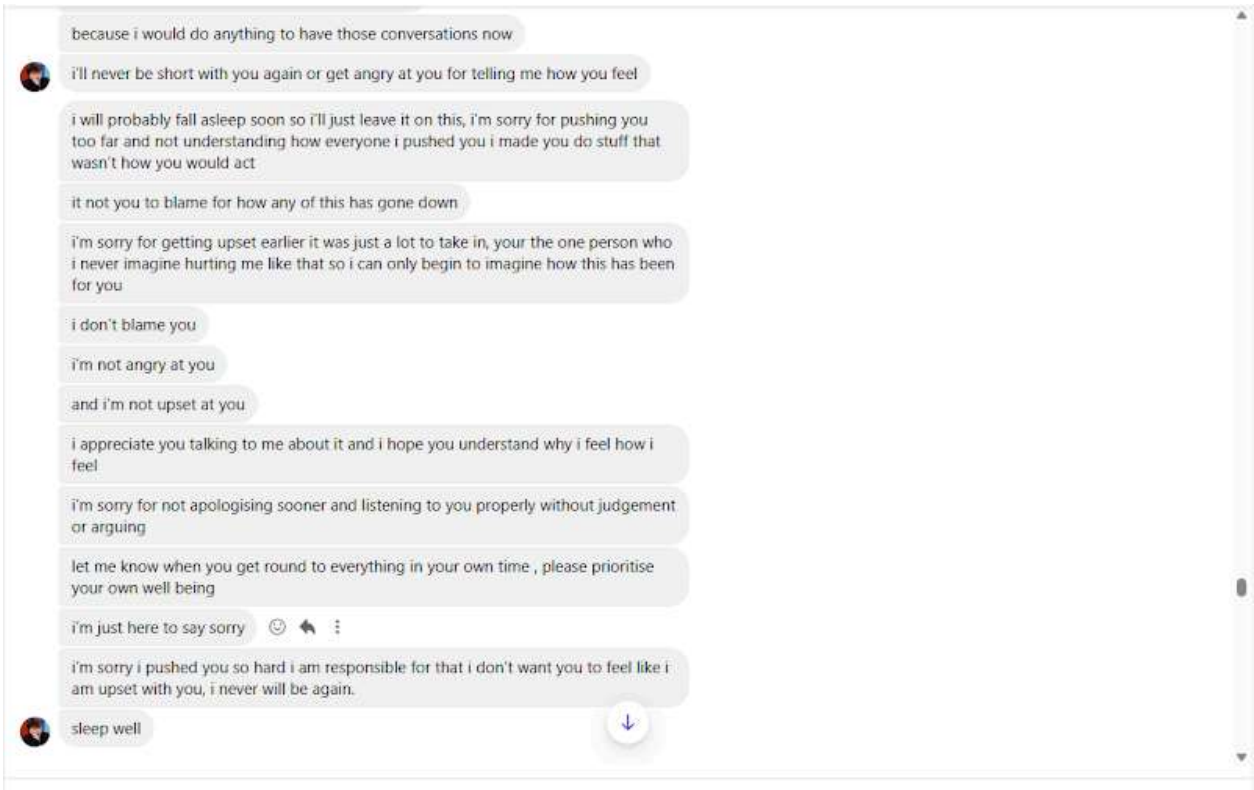
He's now unsent messages that would go against his changes of the story in his video.

# Response - Read First


i'm sorry
i really am
You're the first guy I didn't open up to like that
and i regret it
Cause I didn't feel safe to
i'm sorry i didn't make you feel like you could talk to me
You're the one that's meant to hold me not shout at me
it was coming from my own insecurities i didn't want to have to share my stories and i took it out on you because it would trigger me
and i deeply regret being that selfish
and putting my own feelings above yours
i didn't want to press you
but i know now i should have asked
and showed you i would be there for you
it wouldn't have changed anything for me
you didn't deserve that
you didn't deserve that
You didn't even need to ask about that stuff it's meant to happen organically, just never felt comfortable doing that
and i'm sorry for continuously making you feel like i am going to shout at you
or be mean
or use it to hurt you
Yea
i am so distraught
Alex replied to you
You're the one that's meant to hold me not shout at me
i would give everything i had to go back and never let go
i wish i never let go
the [redacted] stuff is relevant now form what i've sent
i understand
i hope what the stuff your dealing with right now improves
i would offer help but i don't want you to feel like you owe me and i know you won't accept it anyway but i am here
you're not to blame
i know i made you feel unheard due to arguments i had with you about oth f and ways that i treated you and im sorry it made you close off to me

# Response - Read First


i always thought there would be a later
i pushed you away when it wasn't convenient for me
i was so self centred it pains me
because i thought i was doing it because i knew i wasn't ready
but then i was a dick
and that defeats the whole point of opening up
it hurts me how stupid i have been
Yea I mean you told me my feelings were wank
i was wrong
i would do anything to hear about your day
how you're feeling
i'm sorry again
makes me sick that i turned away all of that time
because i would do anything to have those conversations now
i'll never be short with you again or get angry at you for telling me how you


because i would do anything to have those conversations now
i'll never be short with you again or get angry at you for telling me how you feel
i will probably fall asleep soon so i'll just leave it on this, i'm sorry for pushing you too far and not understanding how everyone i pushed you i made you do stuff that wasn't how you would act
it not you to blame for how any of this has gone down
i'm sorry for getting upset earlier it was just a lot to take in, your the one person who i never imagine hurting me like that so i can only begin to imagine how this has been for you
i don't blame you
i'm not angry at you
and i'm not upset at you
i appreciate you talking to me about it and i hope you understand why i feel how i feel
i'm sorry for not apologising sooner and listening to you properly without judgement or arguing
let me know when you get round to everything in your own time , please prioritise your own well being
i'm just here to say sorry
i'm sorry i pushed you so hard i am responsible for that i don't want you to feel like i am upset with you, i never will be again.
sleep well

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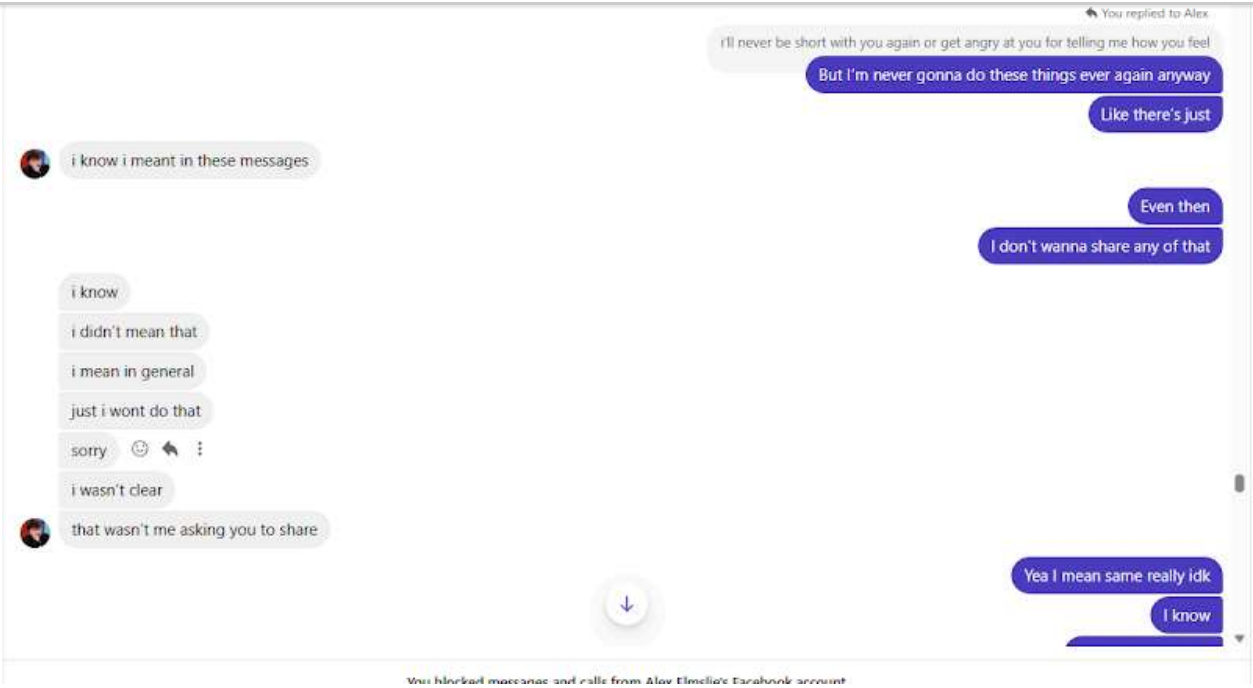
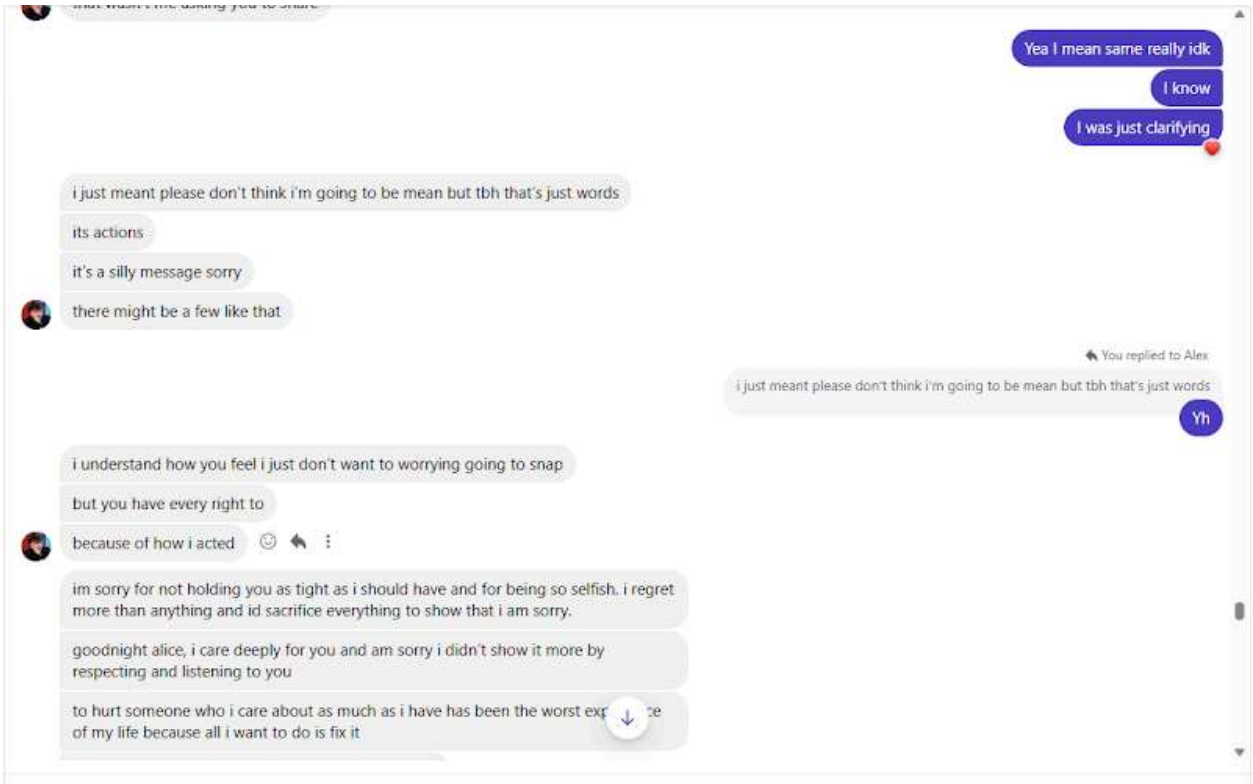

You replied to Alex
i'll never be short with you again or get angry at you for telling me how you feel
But I'm never gonna do these things ever again anyway
Like there's just
i know i meant in these messages
Even then
I don't wanna share any of that
i know
i didn't mean that
i mean in general
just i wont do that
sorry
i wasn't clear
that wasn't me asking you to share
Yea I mean same really idk
I know
You blocked messages and calls from Alex Elmslie's Facebook account


Yea I mean same really idk
I know
I was just clarifying
i just meant please don't think i'm going to be mean but tbh that's just words
its actions
it's a silly message sorry
there might be a few like that
You replied to Alex
i just meant please don't think i'm going to be mean but tbh that's just words
Yh
i understand how you feel i just don't want to worrying going to snap
but you have every right to
because of how i acted
im sorry for not holding you as tight as i should have and for being so selfish. i regret more than anything and id sacrifice everything to show that i am sorry.
goodnight alice, i care deeply for you and am sorry i didn't show it more by respecting and listening to you
to hurt someone who i care about as much as i have has been the worst exp ce of my life because all i want to do is fix it

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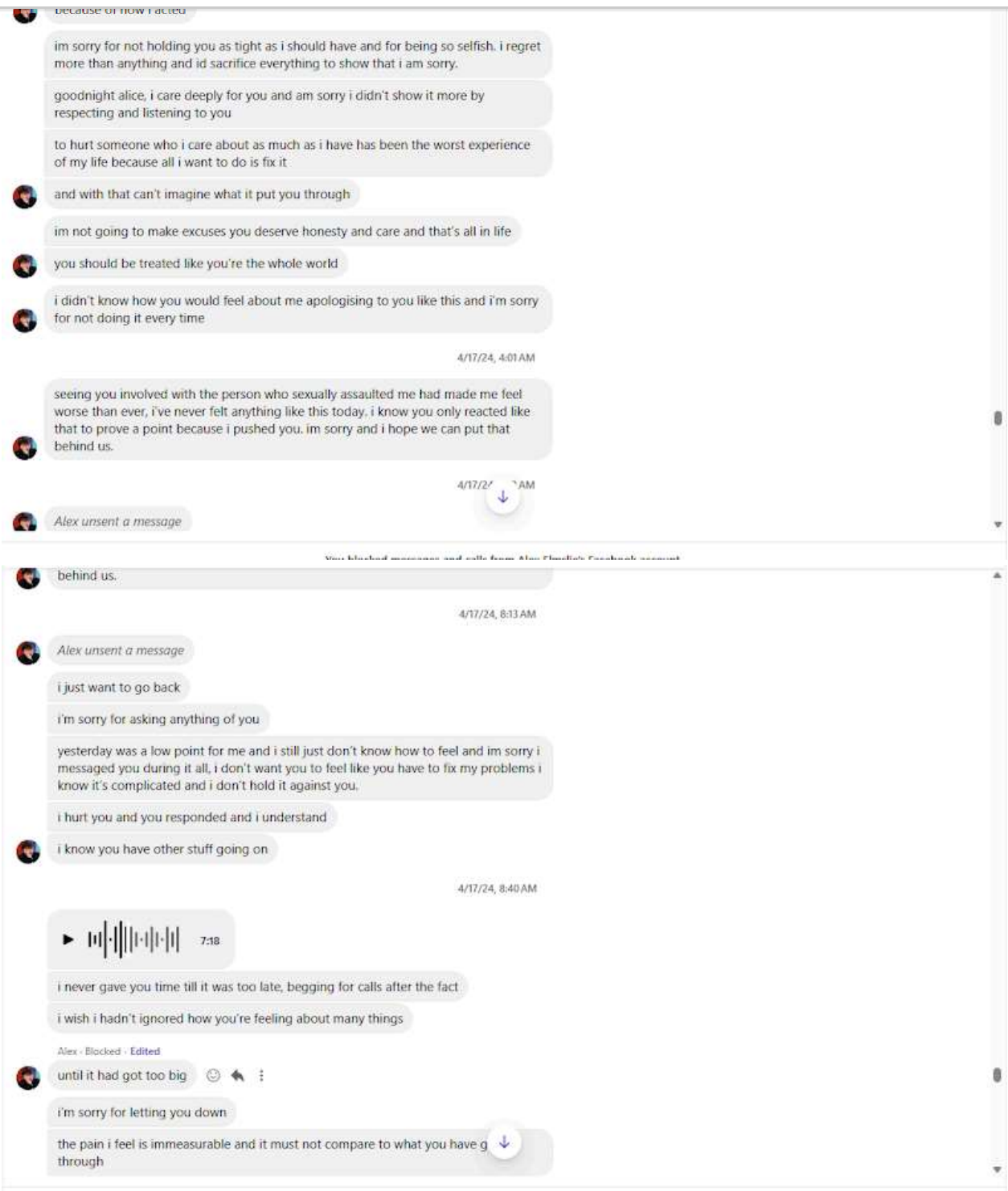
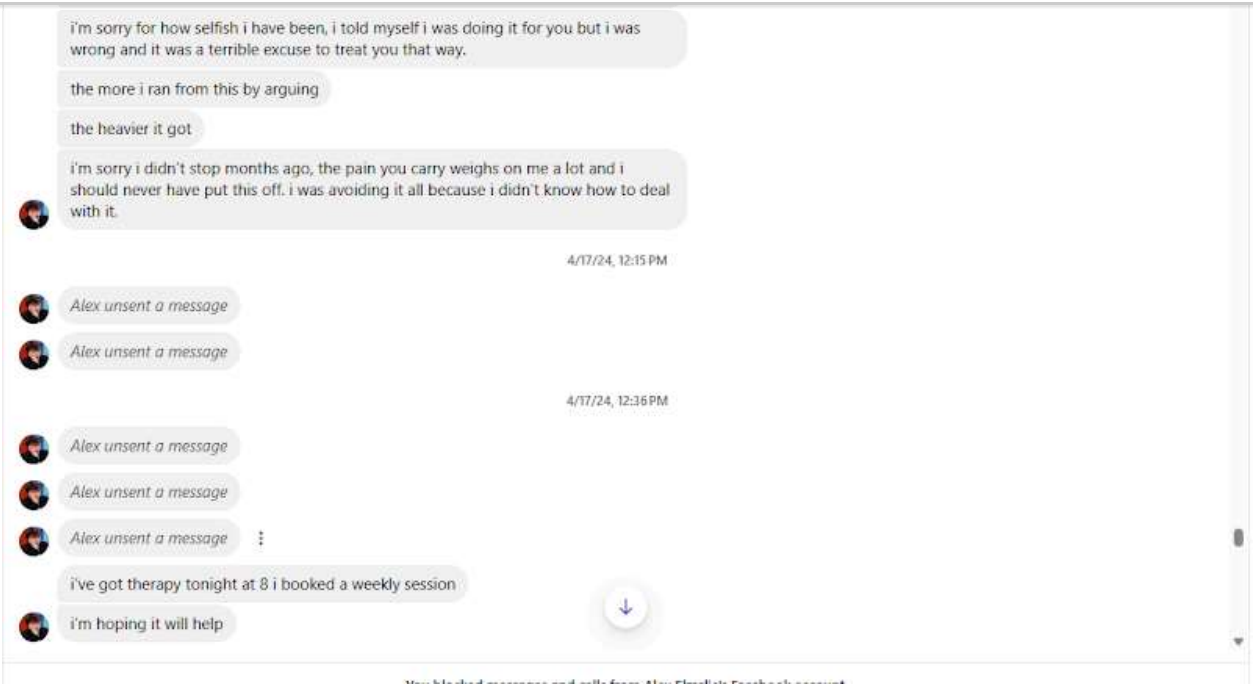
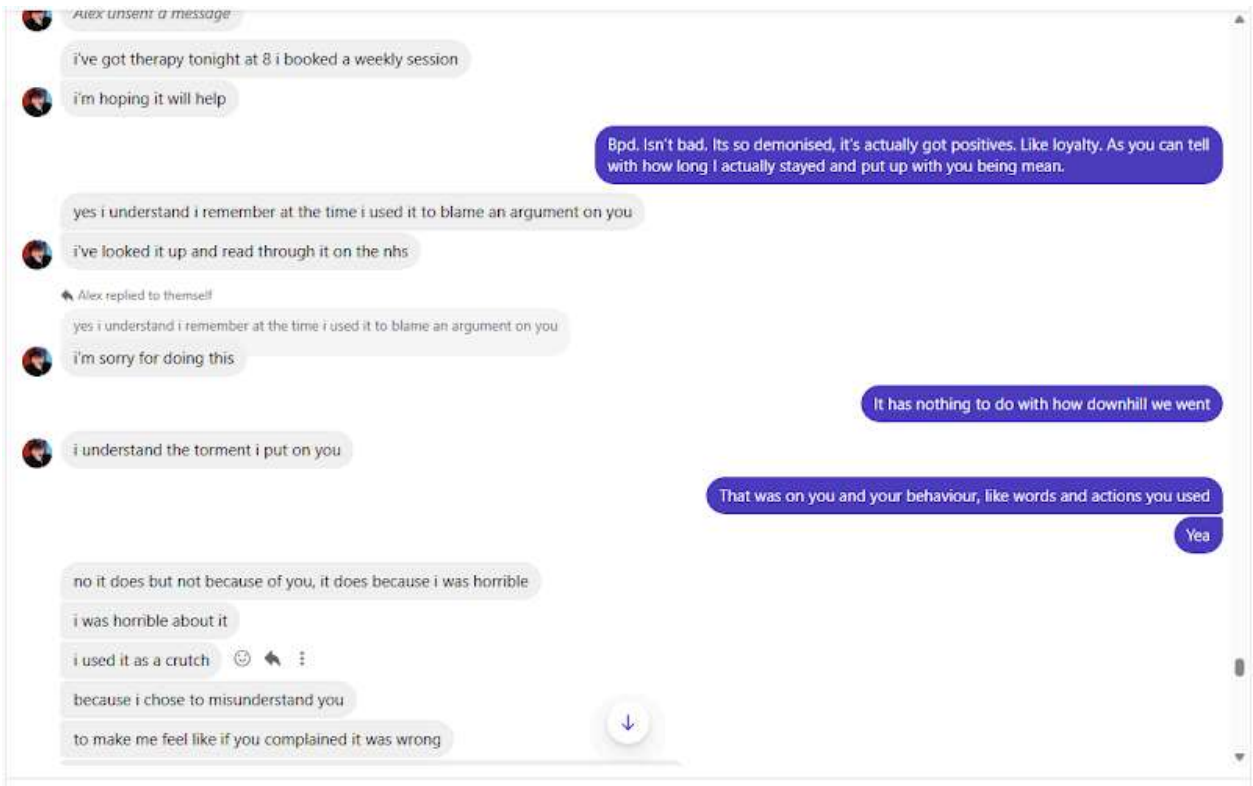
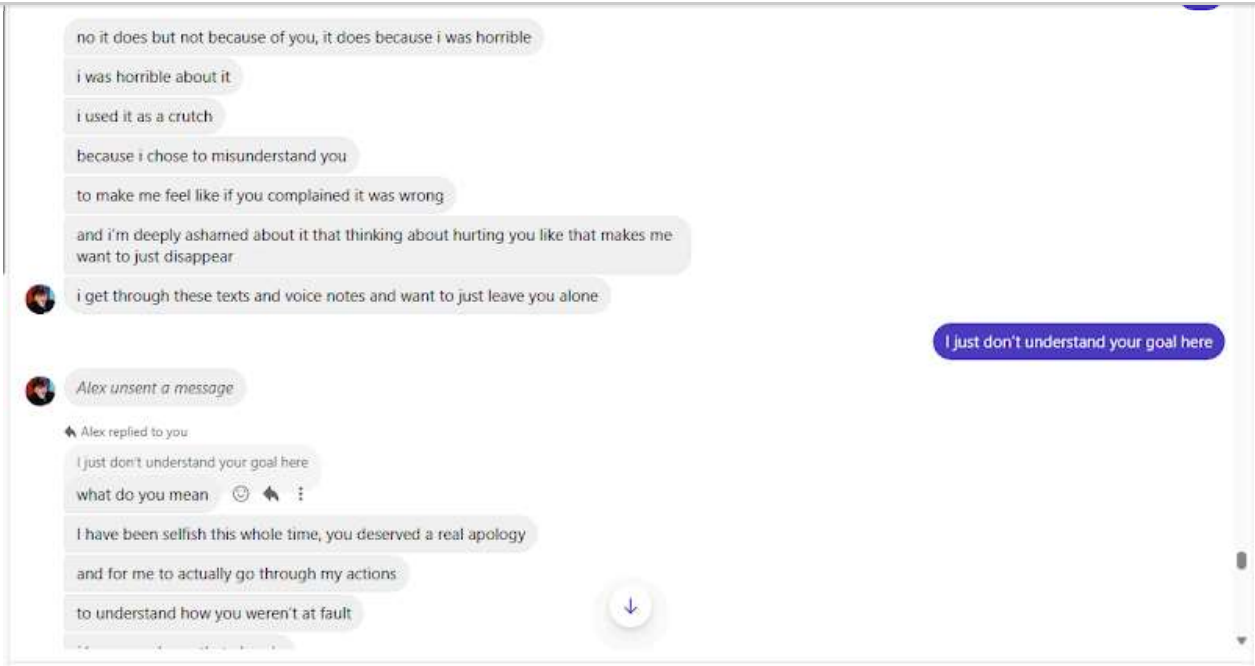

because of how I acted
im sorry for not holding you as tight as i should have and for being so selfish. i regret more than anything and id sacrifice everything to show that i am sorry.
goodnight alice, i care deeply for you and am sorry i didn't show it more by respecting and listening to you
to hurt someone who i care about as much as i have has been the worst experience of my life because all i want to do is fix it
and with that can't imagine what it put you through
im not going to make excuses you deserve honesty and care and that's all in life
you should be treated like you're the whole world
i didn't know how you would feel about me apologising to you like this and i'm sorry for not doing it every time
4/17/24, 4:01 AM
seeing you involved with the person who sexually assaulted me had made me feel worse than ever, i've never felt anything like this today. i know you only reacted like that to prove a point because i pushed you. im sorry and i hope we can put that behind us.
Alex unsent a message
behind us.
4/17/24, 8:13 AM
Alex unsent a message
i just want to go back
i'm sorry for asking anything of you
yesterday was a low point for me and i still just don't know how to feel and im sorry i messaged you during it all, i don't want you to feel like you have to fix my problems i know it's complicated and i don't hold it against you.
i hurt you and you responded and i understand
i know you have other stuff going on
4/17/24, 8:40 AM
7:18
i never gave you time till it was too late, begging for calls after the fact
i wish i hadn't ignored how you're feeling about many things
Alex · Blocked · Edited
until it had got too big
i'm sorry for letting you down
the pain i feel is immeasurable and it must not compare to what you have g
through

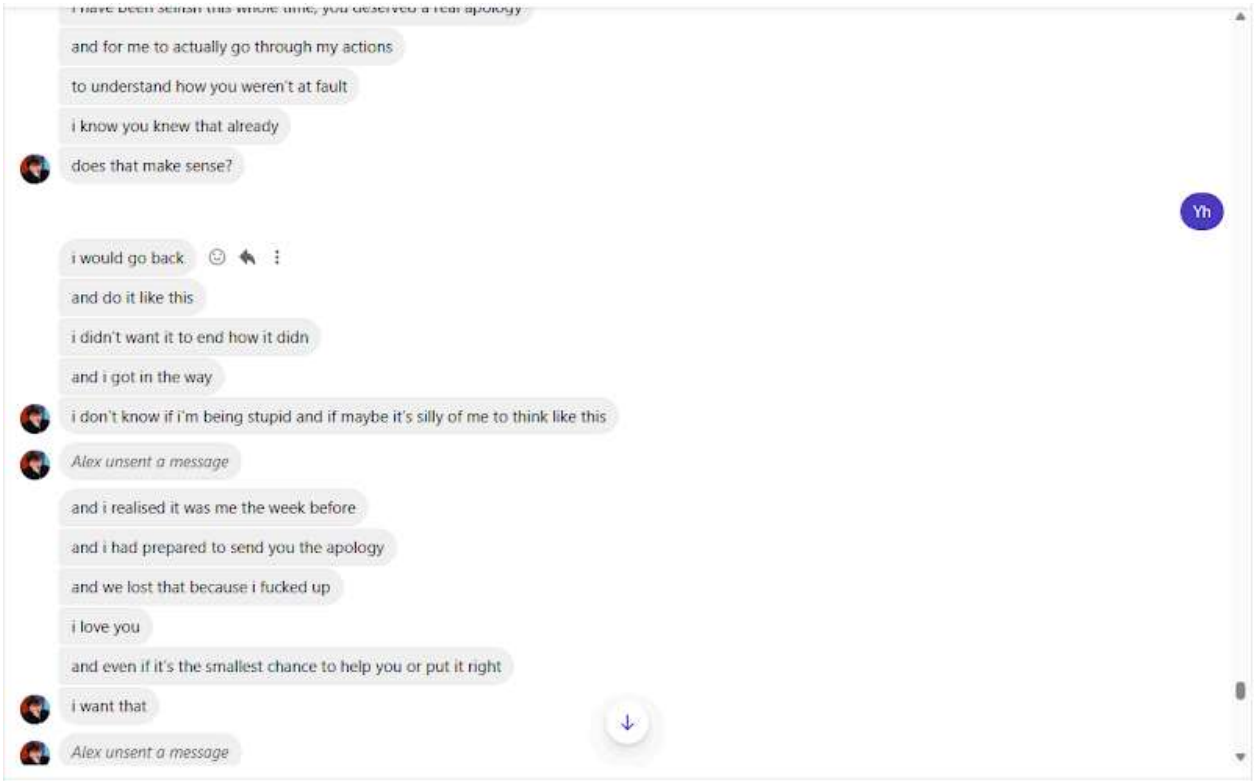
# Response - Read First


i'm sorry for how selfish i have been, i told myself i was doing it for you but i was wrong and it was a terrible excuse to treat you that way.
the more i ran from this by arguing
the heavier it got
i'm sorry i didn't stop months ago, the pain you carry weighs on me a lot and i should never have put this off. i was avoiding it all because i didn't know how to deal with it.
4/17/24, 12:15 PM
Alex unsent a message
Alex unsent a message
4/17/24, 12:36 PM
Alex unsent a message
Alex unsent a message
Alex unsent a message
i've got therapy tonight at 8 i booked a weekly session
i'm hoping it will help

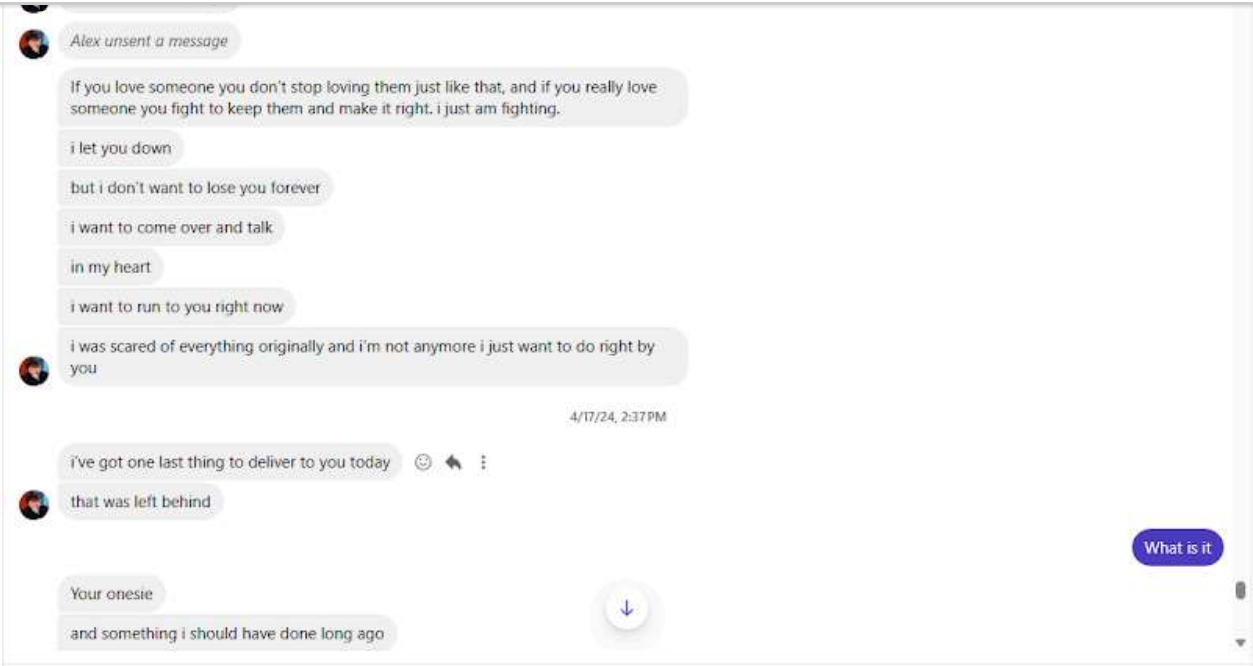

Alex unsent a message
i've got therapy tonight at 8 i booked a weekly session
i'm hoping it will help
Bpd. Isn't bad. Its so demonised, it's actually got positives. Like loyalty. As you can tell with how long I actually stayed and put up with you being mean.
yes i understand i remember at the time i used it to blame an argument on you
i've looked it up and read through it on the nhs
Alex replied to themself
yes i understand i remember at the time i used it to blame an argument on you
i'm sorry for doing this
It has nothing to do with how downhill we went
i understand the torment i put on you
That was on you and your behaviour, like words and actions you used
Yea
no it does but not because of you, it does because i was horrible
i was horrible about it
i used it as a crutch
because i chose to misunderstand you
to make me feel like if you complained it was wrong

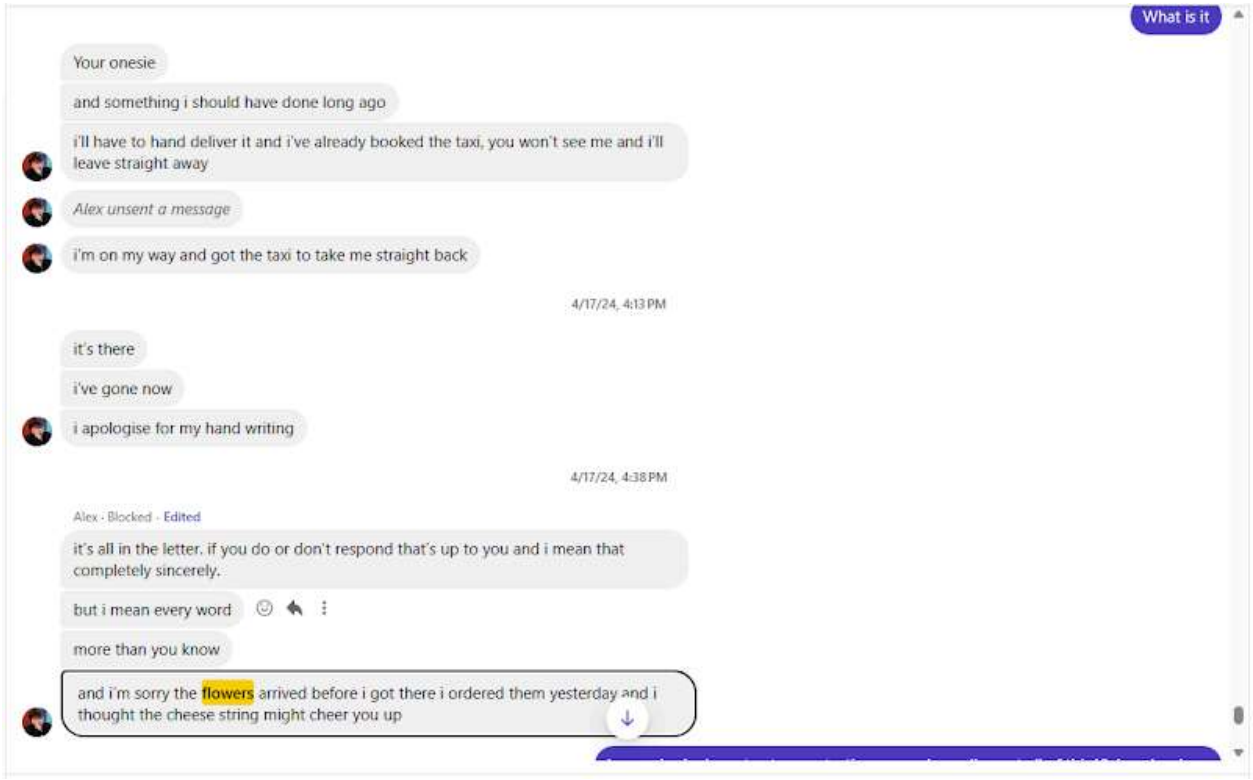
# Response - Read First


no it does but not because of you, it does because i was horrible
i was horrible about it
i used it as a crutch
because i chose to misunderstand you
to make me feel like if you complained it was wrong
and i'm deeply ashamed about it that thinking about hurting you like that makes me want to just disappear
i get through these texts and voice notes and want to just leave you alone
I just don't understand your goal here
Alex unsent a message
Alex replied to you
I just don't understand your goal here
what do you mean
I have been selfish this whole time, you deserved a real apology
and for me to actually go through my actions
to understand how you weren't at fault

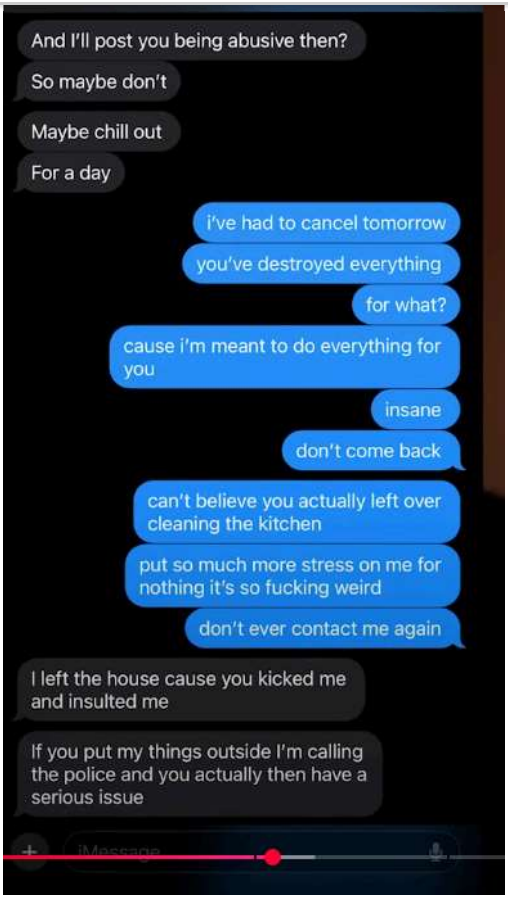

and for me to actually go through my actions
to understand how you weren't at fault
i know you knew that already
does that make sense?
Yh
i would go back
and do it like this
i didn't want it to end how it didn
and i got in the way
i don't know if i'm being stupid and if maybe it's silly of me to think like this
Alex unsent a message
and i realised it was me the week before
and i had prepared to send you the apology
and we lost that because i fucked up
i love you
and even if it's the smallest chance to help you or put it right
i want that
Alex unsent a message

# Response - Read First


Alex unsent a message
If you love someone you don't stop loving them just like that, and if you really love someone you fight to keep them and make it right. i just am fighting.
i let you down
but i don't want to lose you forever
i want to come over and talk
in my heart
i want to run to you right now
i was scared of everything originally and i'm not anymore i just want to do right by you
4/17/24, 2:37 PM
i've got one last thing to deliver to you today
that was left behind
What is it
Your onesie
and something i should have done long ago

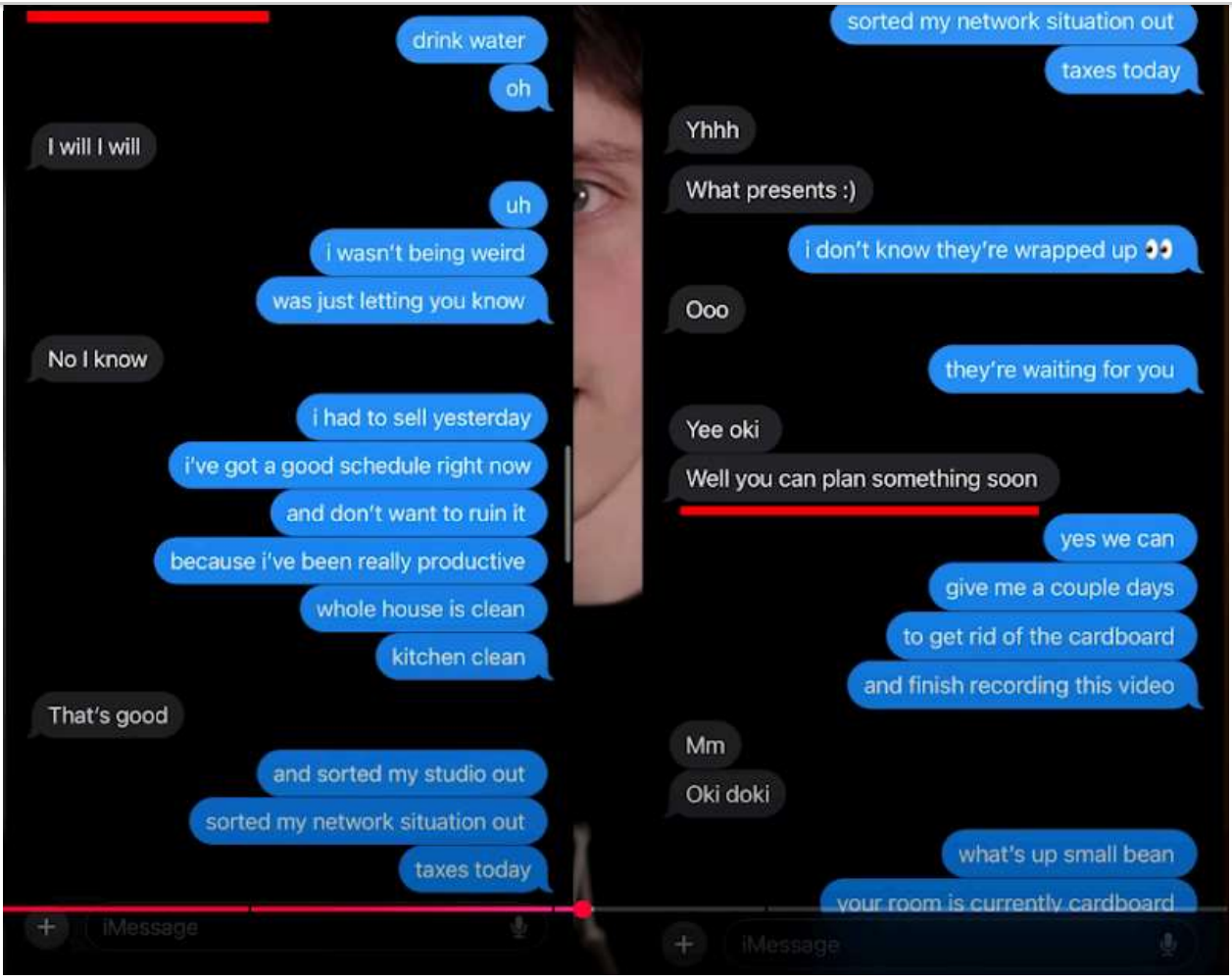

What is it
Your onesie
and something i should have done long ago
i'll have to hand deliver it and i've already booked the taxi, you won't see me and i'll leave straight away
Alex unsent a message
i'm on my way and got the taxi to take me straight back
4/17/24, 4:13 PM
it's there
i've gone now
i apologise for my hand writing
4/17/24, 4:38 PM
Alex · Blocked · Edited
it's all in the letter. if you do or don't respond that's up to you and i mean that completely sincerely.
but i mean every word
more than you know
and i'm sorry the flowers arrived before i got there i ordered them yesterday and i thought the cheese string might cheer you up

# Response - Read First


And I'll post you being abusive then?
So maybe don't
Maybe chill out
For a day
i've had to cancel tomorrow
you've destroyed everything
for what?
cause i'm meant to do everything for you
insane
don't come back
can't believe you actually left over cleaning the kitchen
put so much more stress on me for nothing it's so fucking weird
don't ever contact me again
I left the house cause you kicked me and insulted me
If you put my things outside I'm calling the police and you actually then have a serious issue

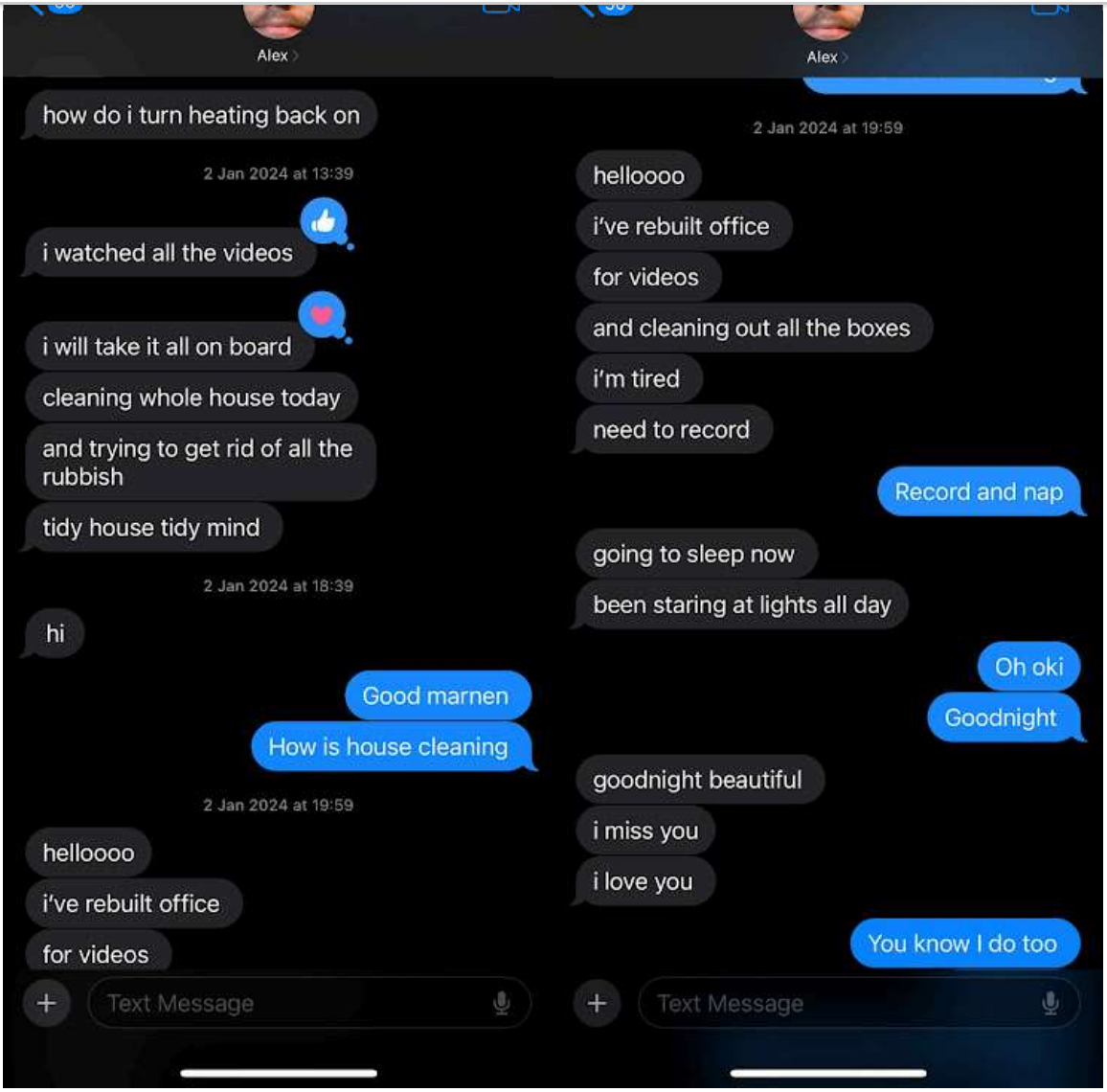
He brings this up again saying im blackmailing him yet this was in response to him threatening to damage my property and put it all outside. Claiming he said he does not want to be involved with me after we broke up, that is a lie. He would not stop contacting me as I've displayed in our messenger texts and in my first statement.
I didn't “orcistrate” anything, since leaving Alex I had planned to go to the police about everything that had been going on, he kept claiming i was planning on outing him while being together when i really wasn’t.

# Response - Read First

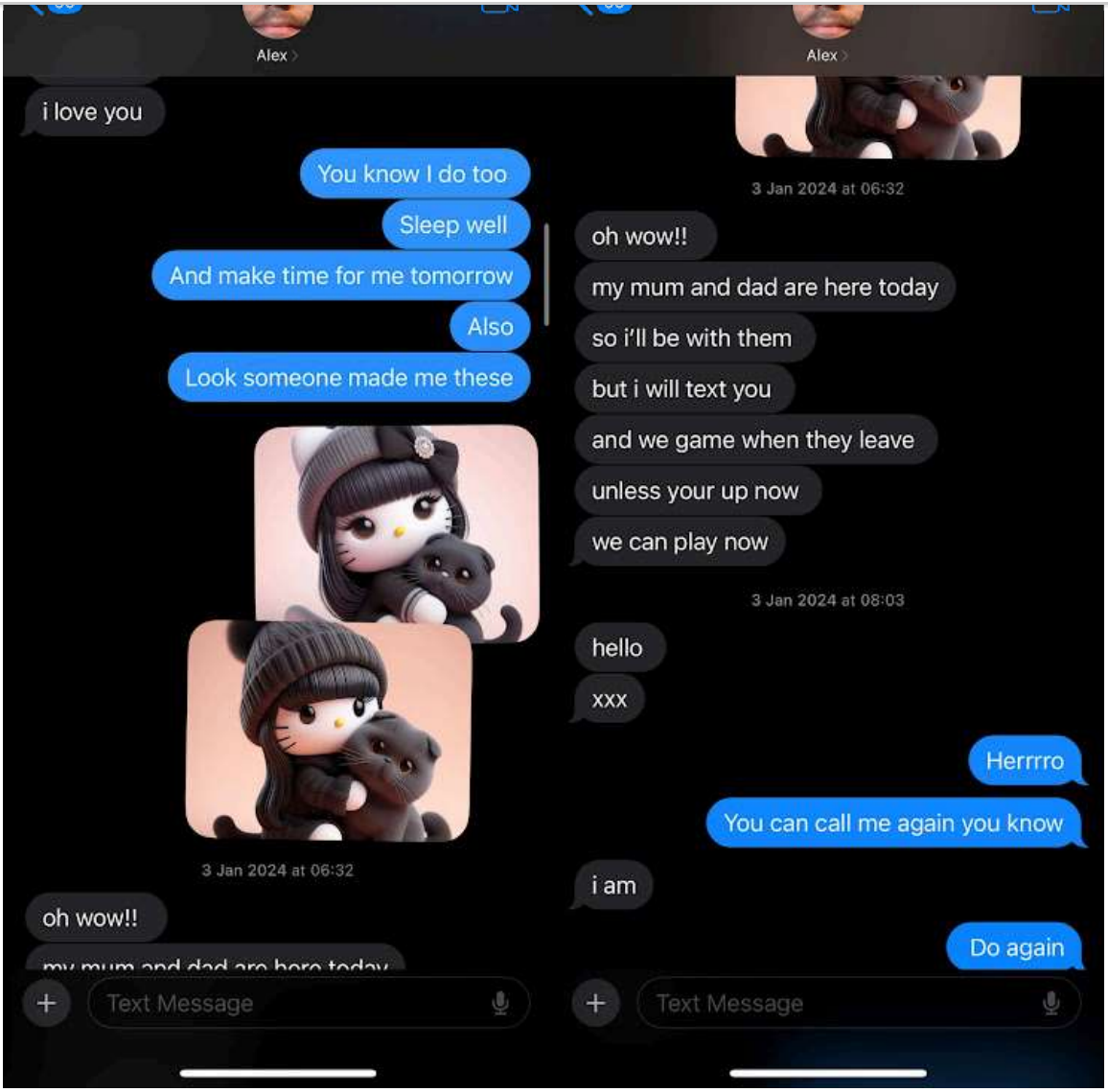



He takes these and claims i manipulated him into “trying” i don't really know what he's claiming here, but yes he wanted to stay in contact as he was apologising i've shared a conversation from the day after i moved out where we both are on the same page, not one blackmail threat to see, here in these screenshots are just a few days after, i will now attach the conversation to prove i did not make him do any of this, he wanted to do this. Taking my “well you can plan something soon” as if he didn't just tell me his parents had dropped things off for me.

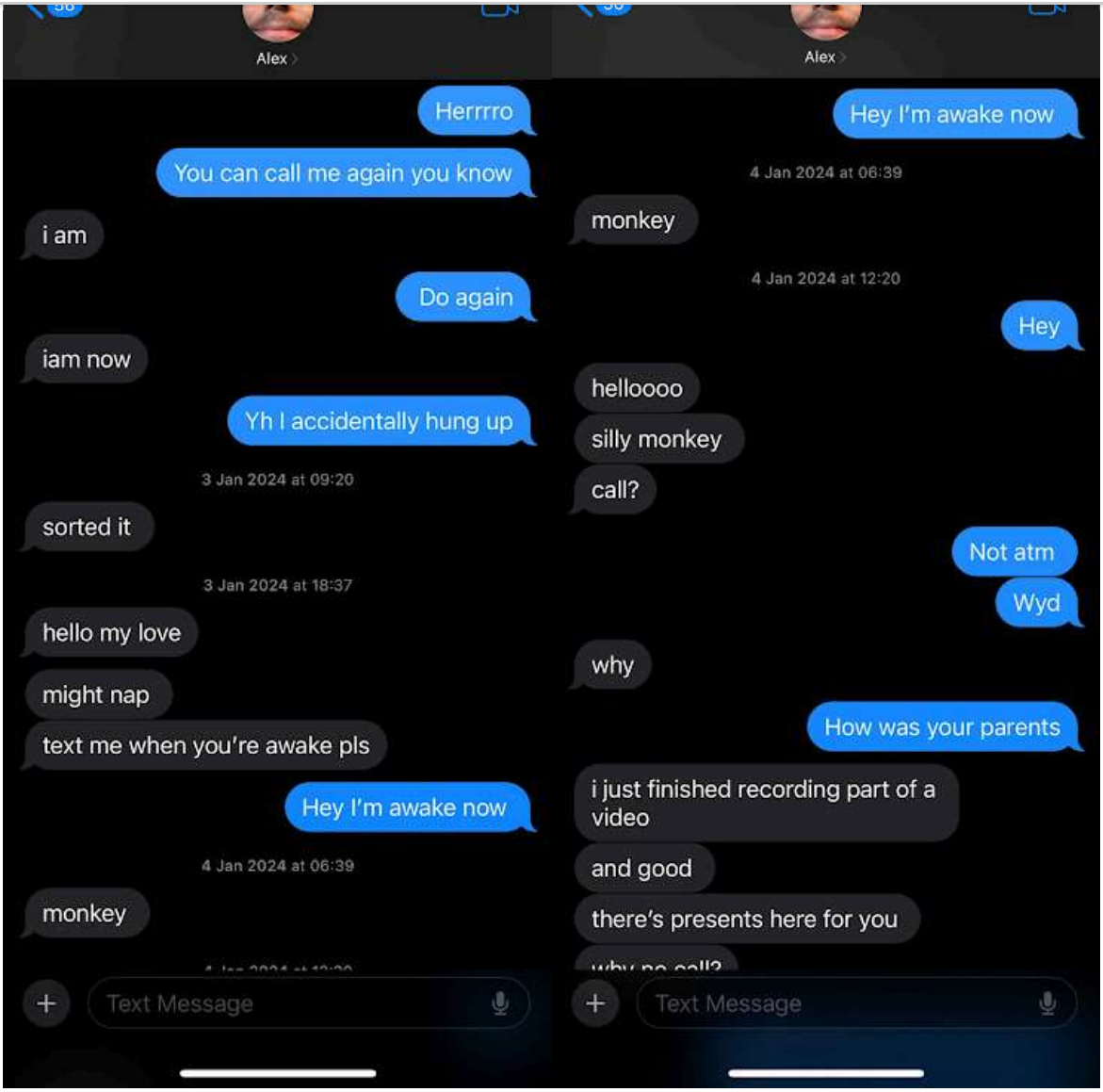
# Response - Read First



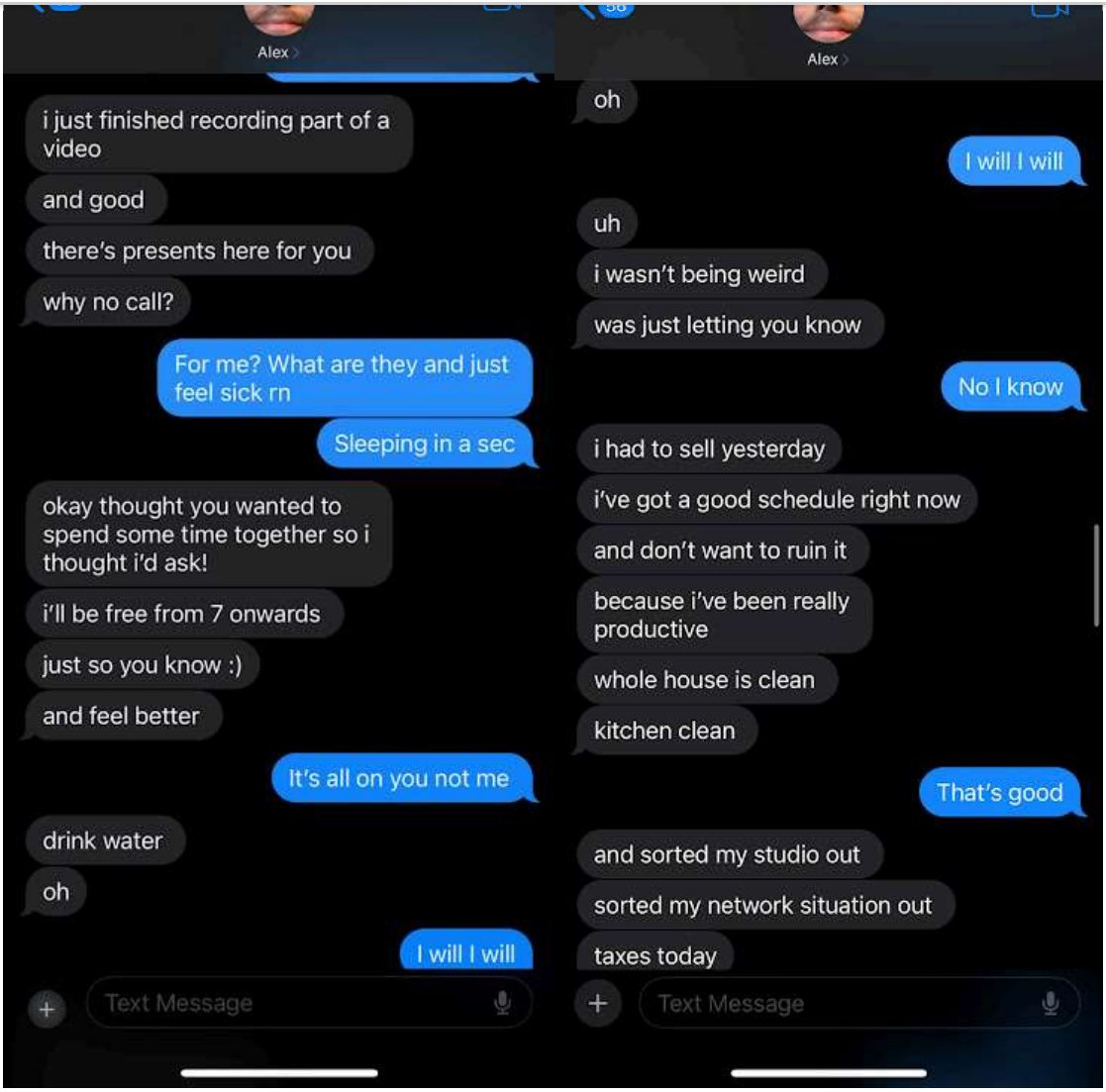
# Response - Read First



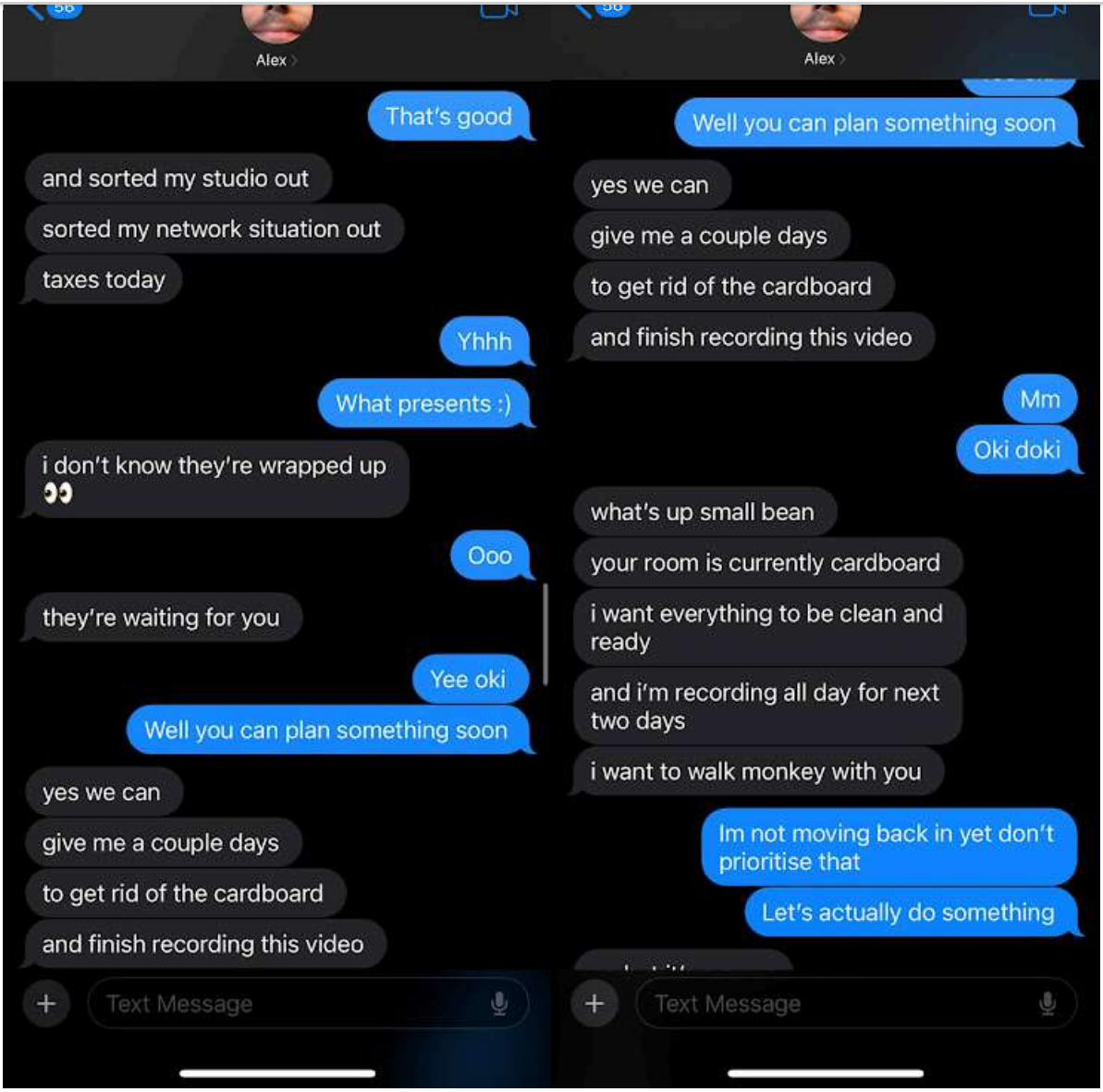
# Response - Read First



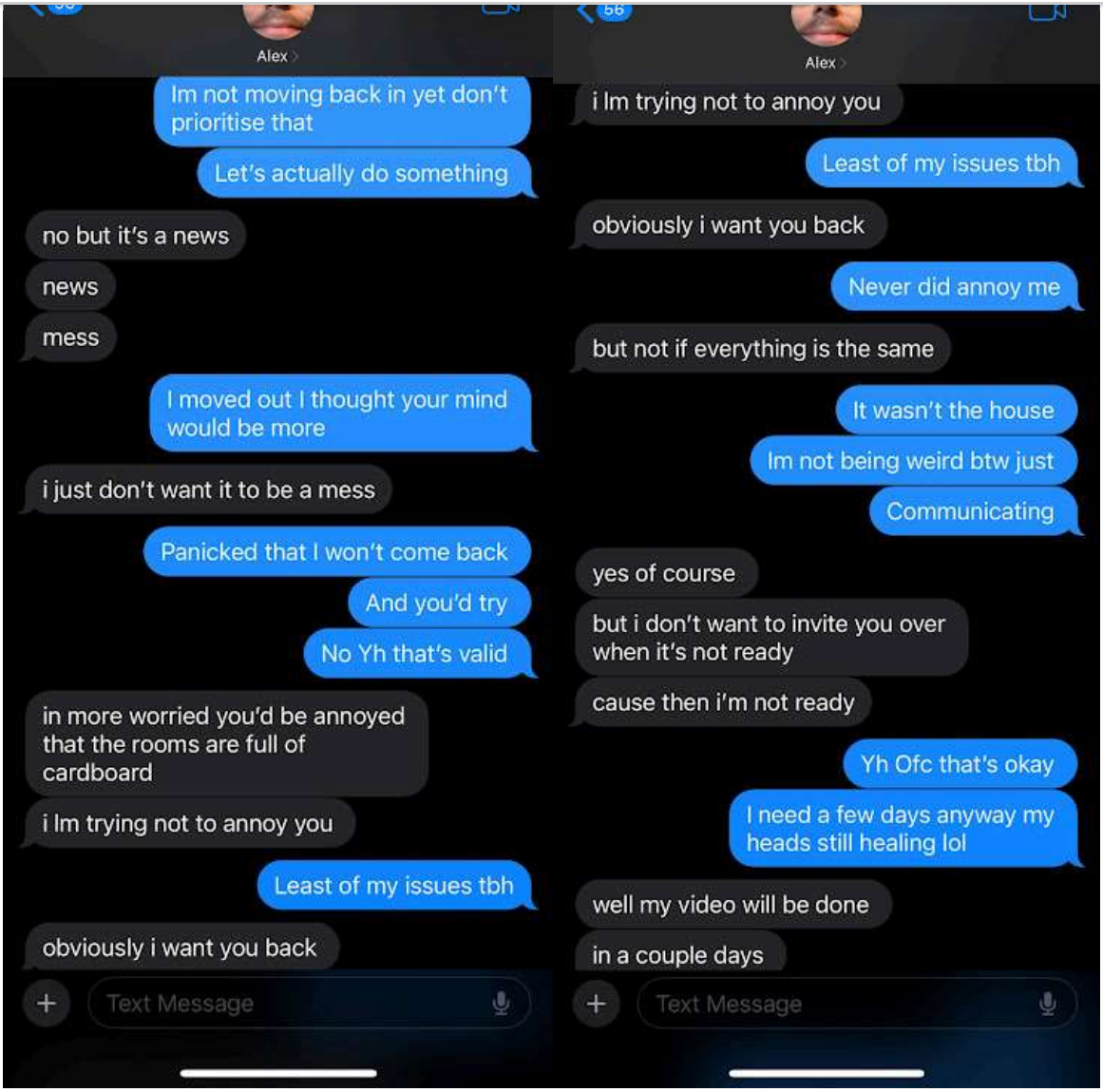
# Response - Read First


Alex
i just finished recording part of a video
and good
there's presents here for you
why no call?
For me? What are they and just feel sick rn
Sleeping in a sec
okay thought you wanted to spend some time together so i thought i'd ask!
i'll be free from 7 onwards
just so you know :)
and feel better
It's all on you not me
drink water
oh
I will I will
Text Message
Alex
oh
I will I will
uh
i wasn't being weird
was just letting you know
No I know
i had to sell yesterday
i've got a good schedule right now
and don't want to ruin it
because i've been really productive
whole house is clean
kitchen clean
That's good
and sorted my studio out
sorted my network situation out
taxes today
Text Message

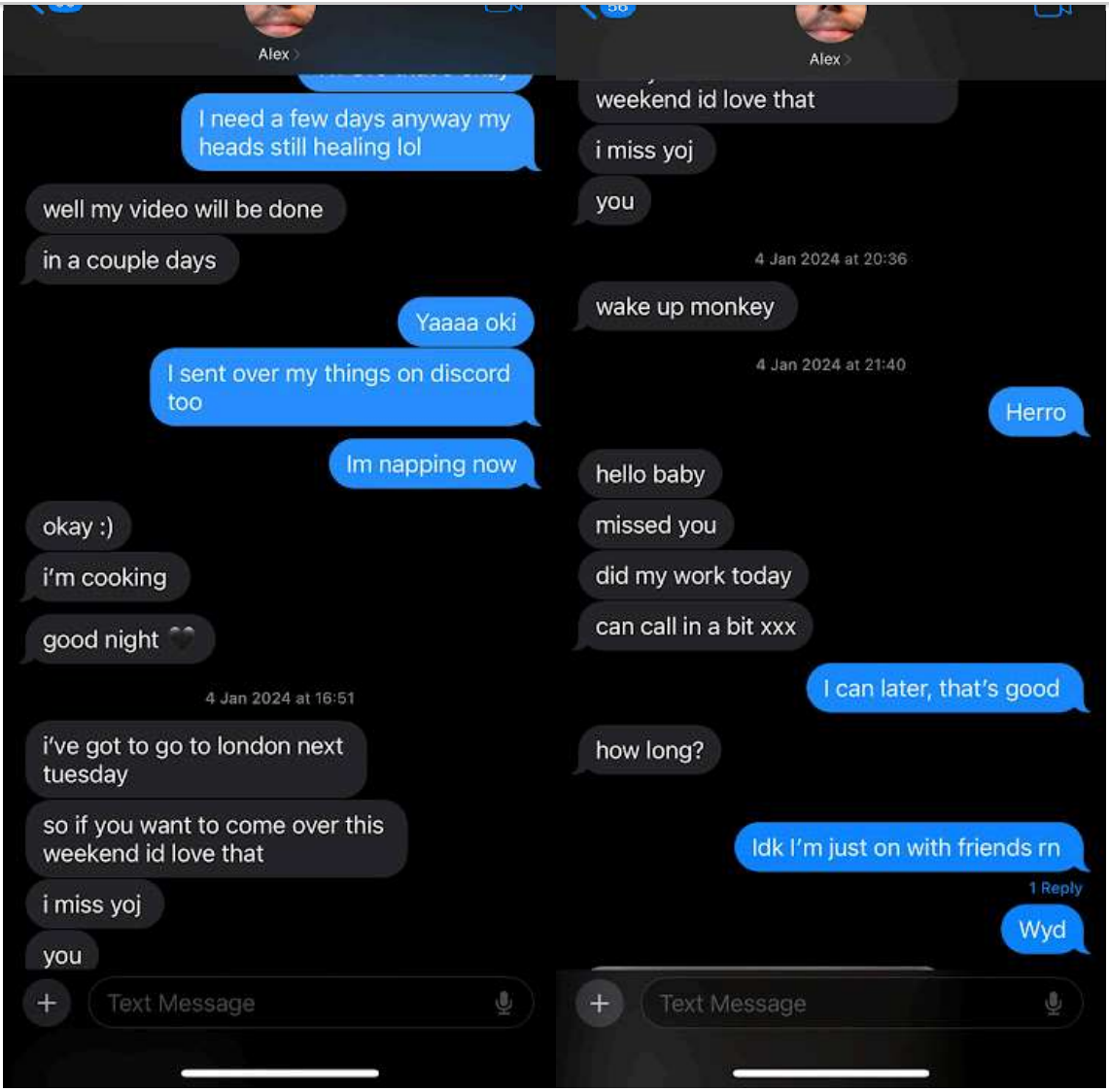
# Response - Read First


Alex
That's good
and sorted my studio out
sorted my network situation out
taxes today
Yhhh
What presents :)
i don't know they're wrapped up
👀
Ooo
they're waiting for you
Yee oki
Well you can plan something soon
yes we can
give me a couple days
to get rid of the cardboard
and finish recording this video
Text Message
Alex
Well you can plan something soon
yes we can
give me a couple days
to get rid of the cardboard
and finish recording this video
Mm
Oki doki
what's up small bean
your room is currently cardboard
i want everything to be clean and ready
and i'm recording all day for next two days
i want to walk monkey with you
Im not moving back in yet don't prioritise that
Let's actually do something
Text Message

# Response - Read First

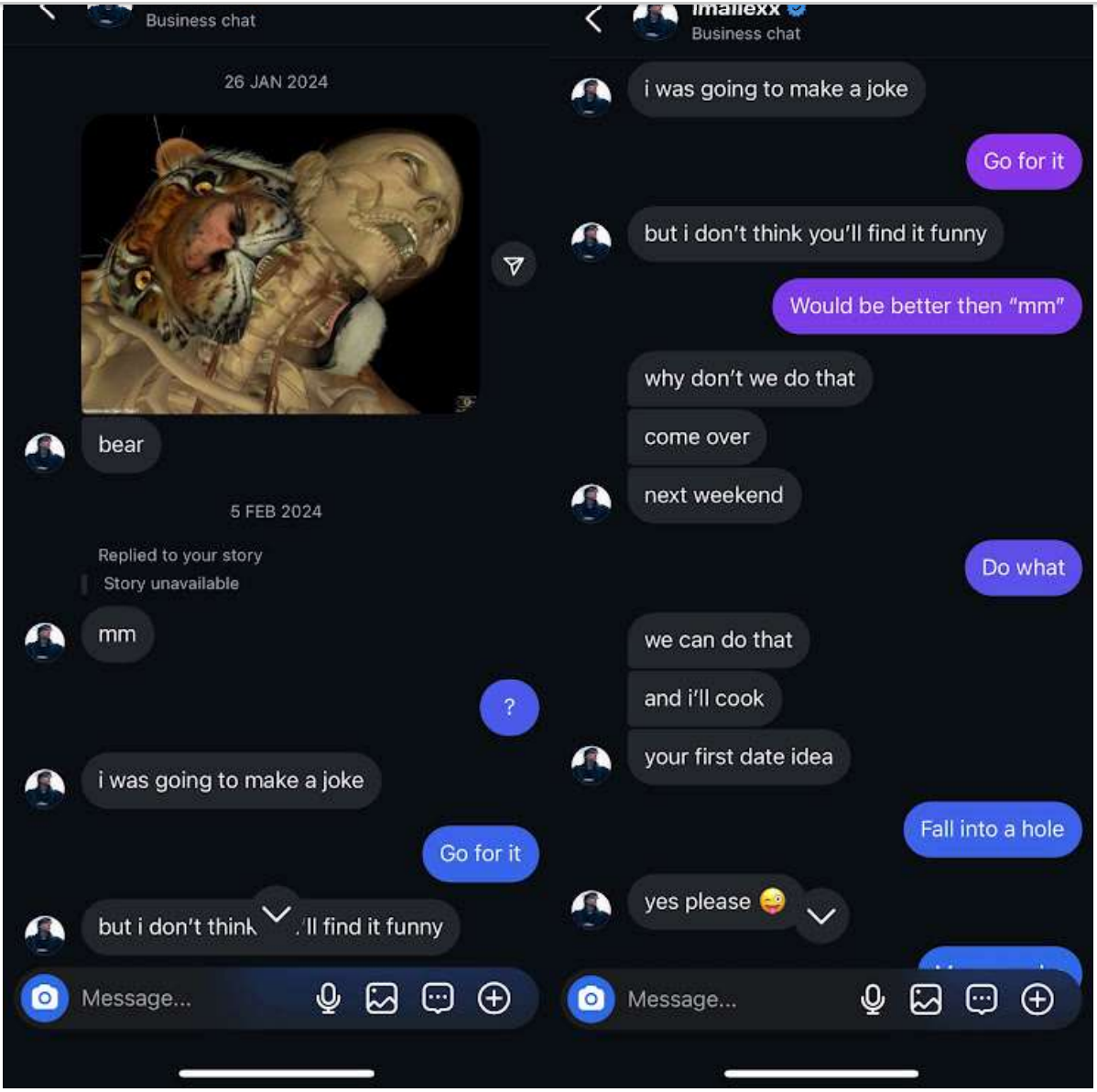

Alex
Im not moving back in yet don't prioritise that
Let's actually do something
no but it's a news
news
mess
I moved out I thought your mind would be more
i just don't want it to be a mess
Panicked that I won't come back
And you'd try
No Yh that's valid
in more worried you'd be annoyed that the rooms are full of cardboard
i Im trying not to annoy you
Least of my issues tbh
obviously i want you back
Text Message
Alex
i Im trying not to annoy you
Least of my issues tbh
obviously i want you back
Never did annoy me
but not if everything is the same
It wasn't the house
Im not being weird btw just
Communicating
yes of course
but i don't want to invite you over when it's not ready
cause then i'm not ready
Yh Ofc that's okay
I need a few days anyway my heads still healing lol
well my video will be done
in a couple days
Text Message

# Response - Read First



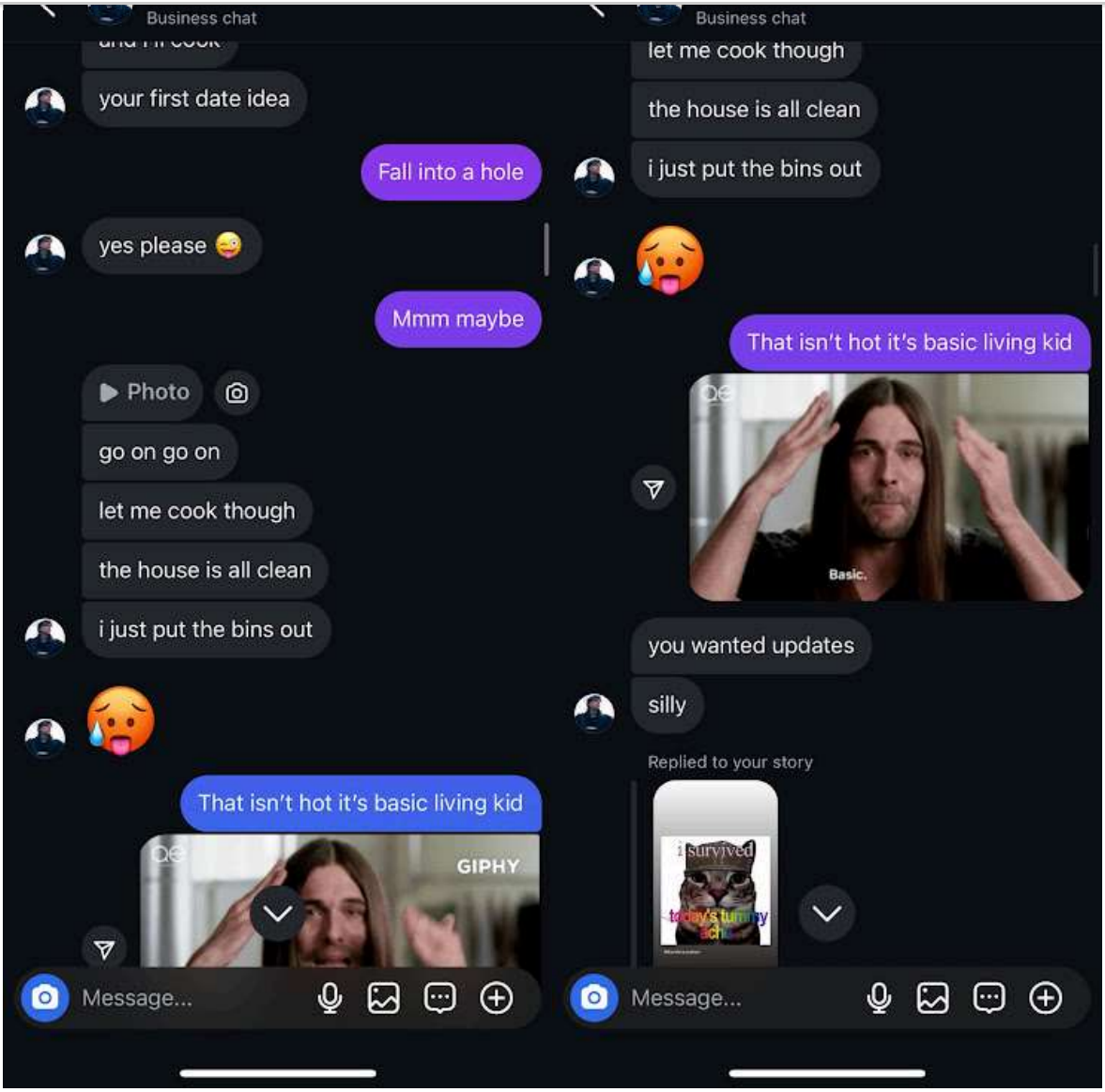

Will link another conversation of Alex trying to have me come over.

# Response - Read First

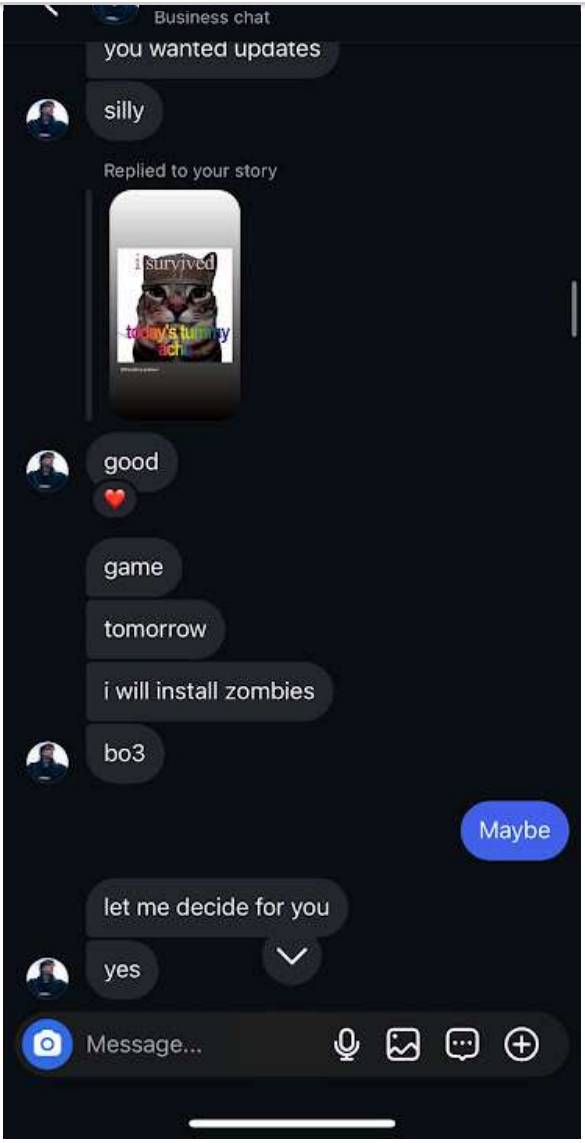



I say “fall into a hole” as that was the unavailable story post meme “first date idea”

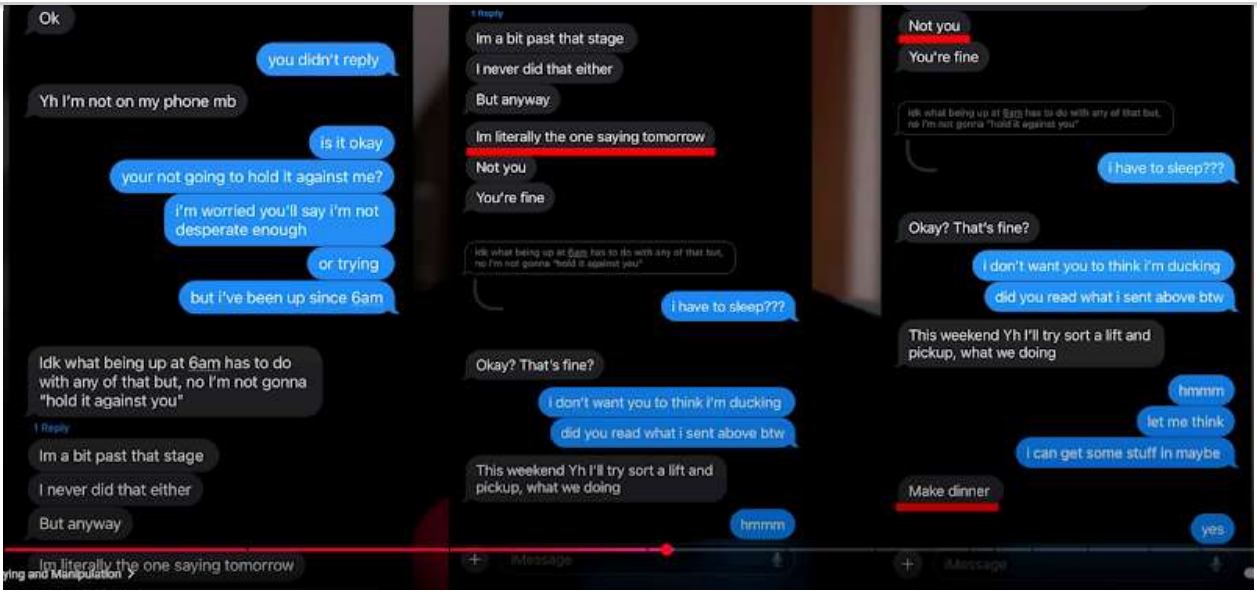
# Response - Read First



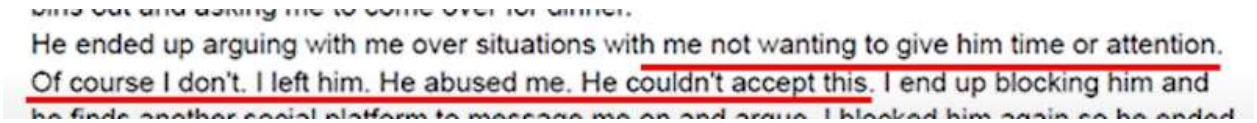
# Response - Read First



# Response - Read First

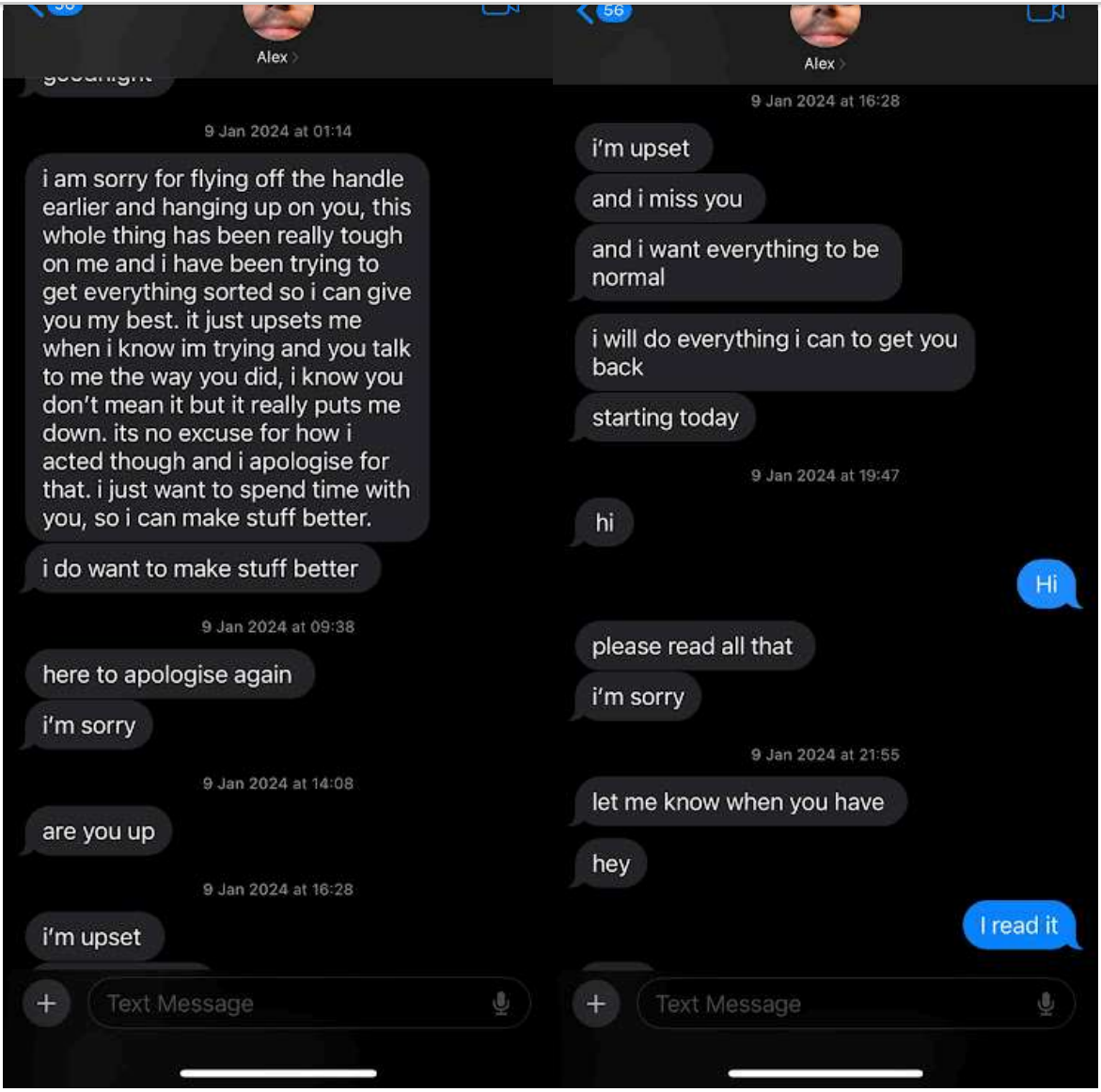

Ok
you didn't reply
Yh I'm not on my phone mb
is it okay
your not going to hold it against me?
i'm worried you'll say i'm not desperate enough
or trying
but i've been up since 6am
Idk what being up at 6am has to do with any of that but, no I'm not gonna "hold it against you"
1 Reply
Im a bit past that stage
I never did that either
But anyway
Im literally the one saying tomorrow
Im a bit past that stage
I never did that either
But anyway
Im literally the one saying tomorrow
Not you
You're fine
i have to sleep???
Okay? That's fine?
I don't want you to think i'm ducking
did you read what i sent above btw
This weekend Yh I'll try sort a lift and pickup, what we doing
hmmm
Not you
You're fine
i have to sleep???
Okay? That's fine?
I don't want you to think i'm ducking
did you read what i sent above btw
This weekend Yh I'll try sort a lift and pickup, what we doing
hmmm
let me think
I can get some stuff in maybe
Make dinner
yes

He uses these when again, he doesn't show it was him asking me to play games with him.

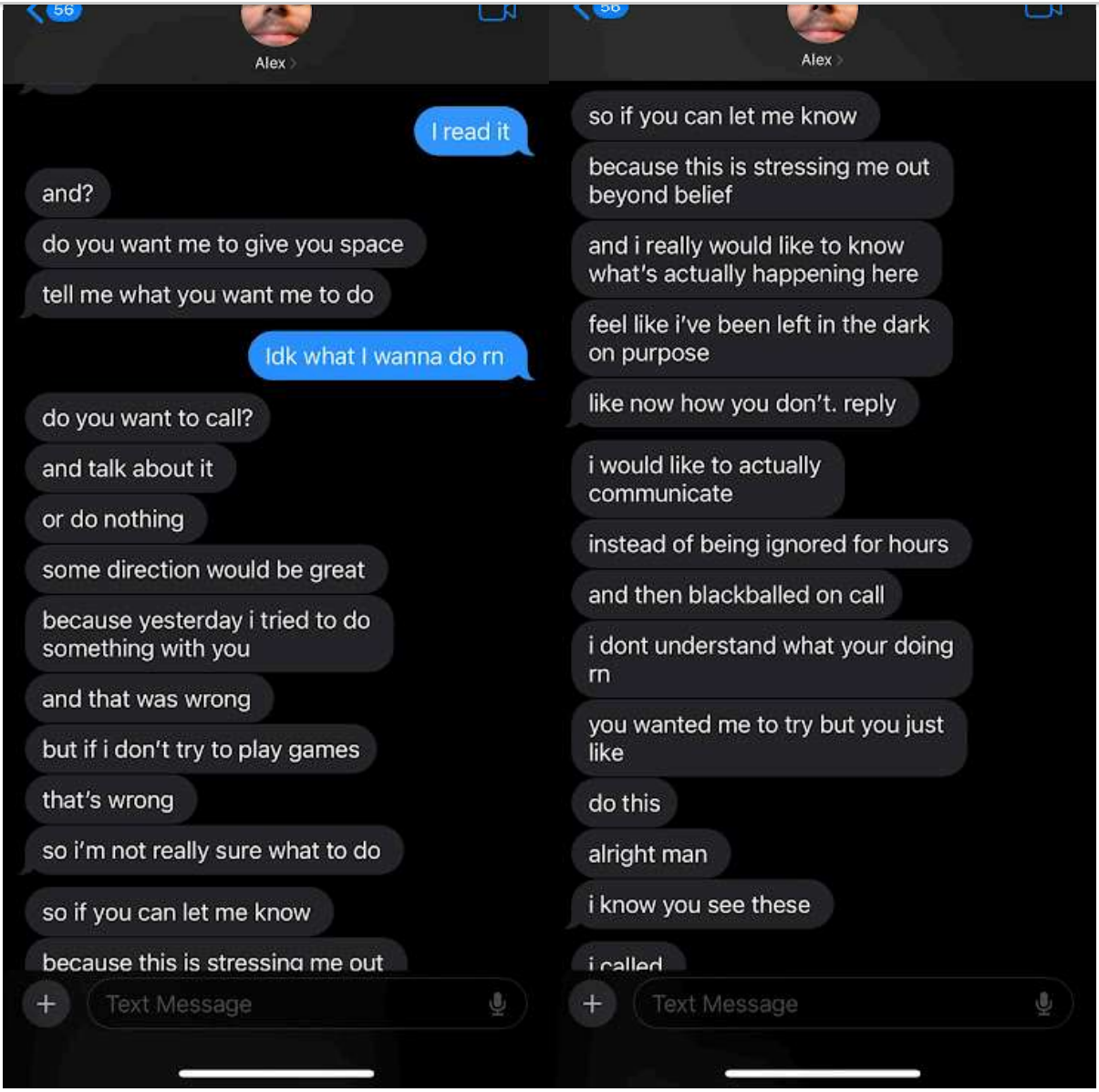

He ended up arguing with me over situations with me not wanting to give him time or attention.
Of course I don't. I left him. He abused me. He couldn't accept this. I end up blocking him and

He claims I was contradicting myself by mentioning that he argued after I did not give him the attention he wanted when he did do this.

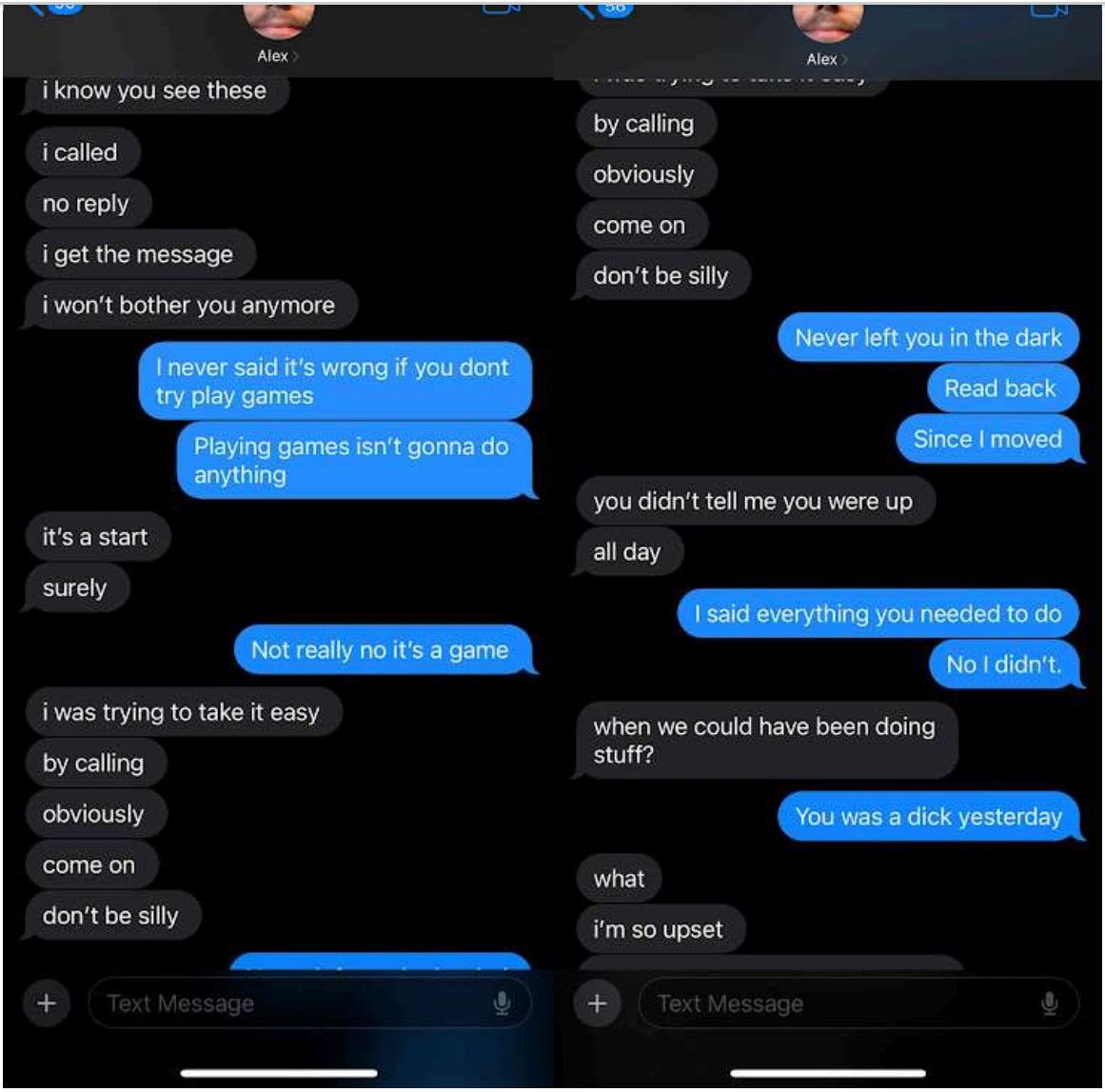
# Response - Read First


Alex
9 Jan 2024 at 01:14
i am sorry for flying off the handle earlier and hanging up on you, this whole thing has been really tough on me and i have been trying to get everything sorted so i can give you my best. it just upsets me when i know im trying and you talk to me the way you did, i know you don't mean it but it really puts me down. its no excuse for how i acted though and i apologise for that. i just want to spend time with you, so i can make stuff better.
i do want to make stuff better
9 Jan 2024 at 09:38
here to apologise again
i'm sorry
9 Jan 2024 at 14:08
are you up
9 Jan 2024 at 16:28
i'm upset
Text Message
Alex
9 Jan 2024 at 16:28
i'm upset
and i miss you
and i want everything to be normal
i will do everything i can to get you back
starting today
9 Jan 2024 at 19:47
hi
Hi
please read all that
i'm sorry
9 Jan 2024 at 21:55
let me know when you have
hey
I read it
Text Message

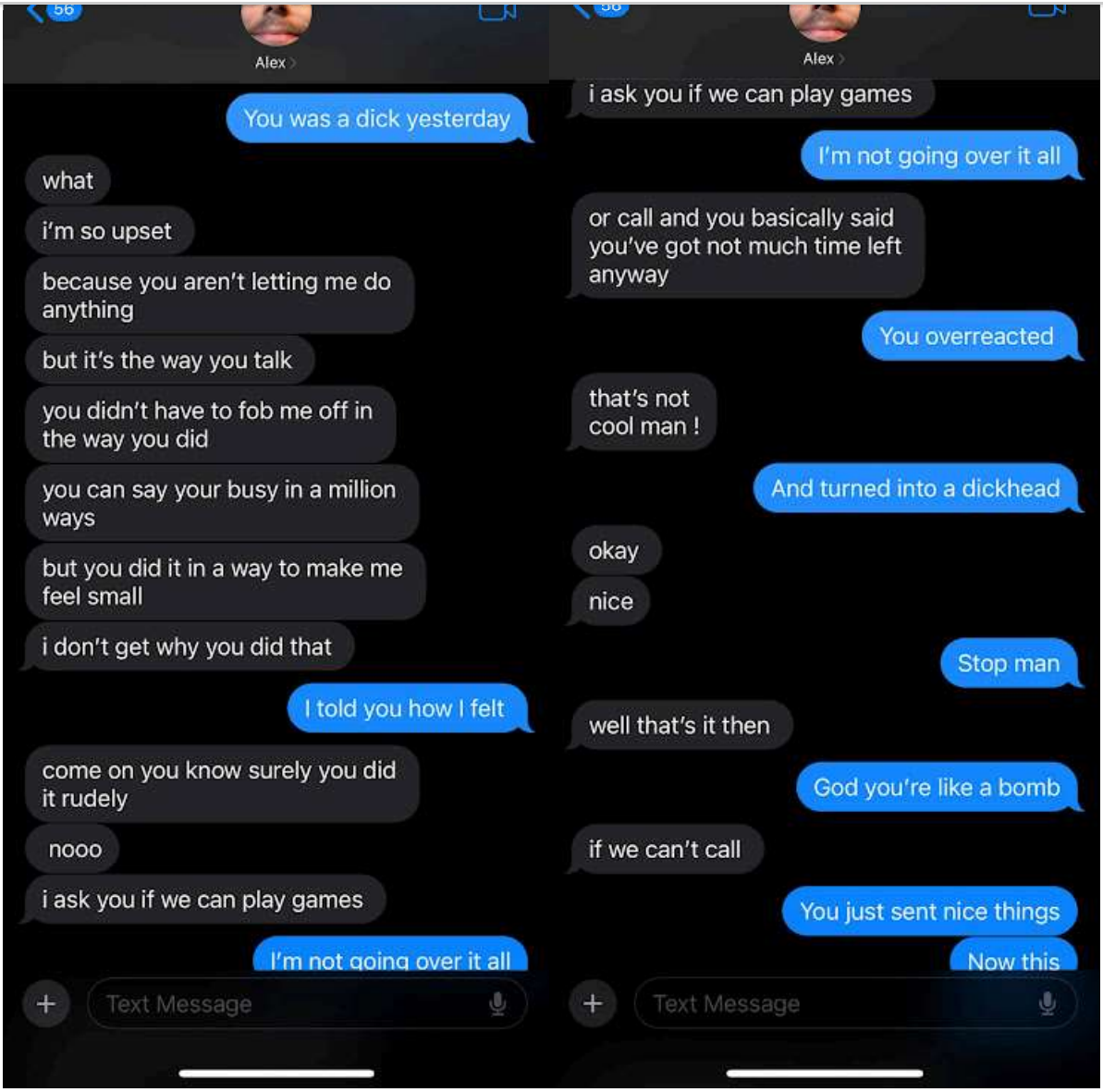
# Response - Read First


Alex
I read it
and?
do you want me to give you space
tell me what you want me to do
Idk what I wanna do rn
do you want to call?
and talk about it
or do nothing
some direction would be great
because yesterday i tried to do something with you
and that was wrong
but if i don't try to play games
that's wrong
so i'm not really sure what to do
so if you can let me know
because this is stressing me out
Text Message
Alex
so if you can let me know
because this is stressing me out beyond belief
and i really would like to know what's actually happening here
feel like i've been left in the dark on purpose
like now how you don't. reply
i would like to actually communicate
instead of being ignored for hours
and then blackballed on call
i dont understand what your doing rn
you wanted me to try but you just like
do this
alright man
i know you see these
Text Message

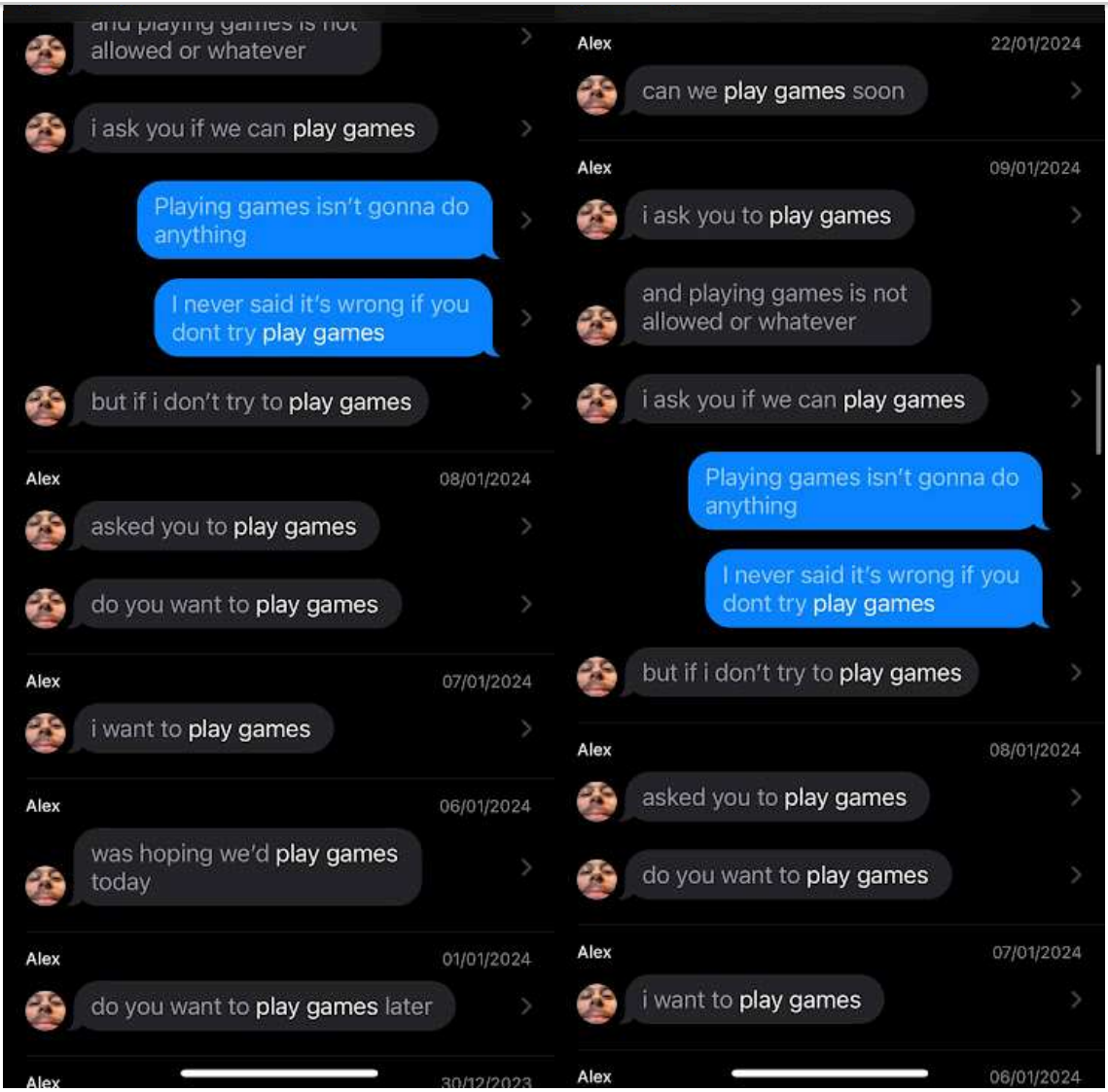
# Response - Read First



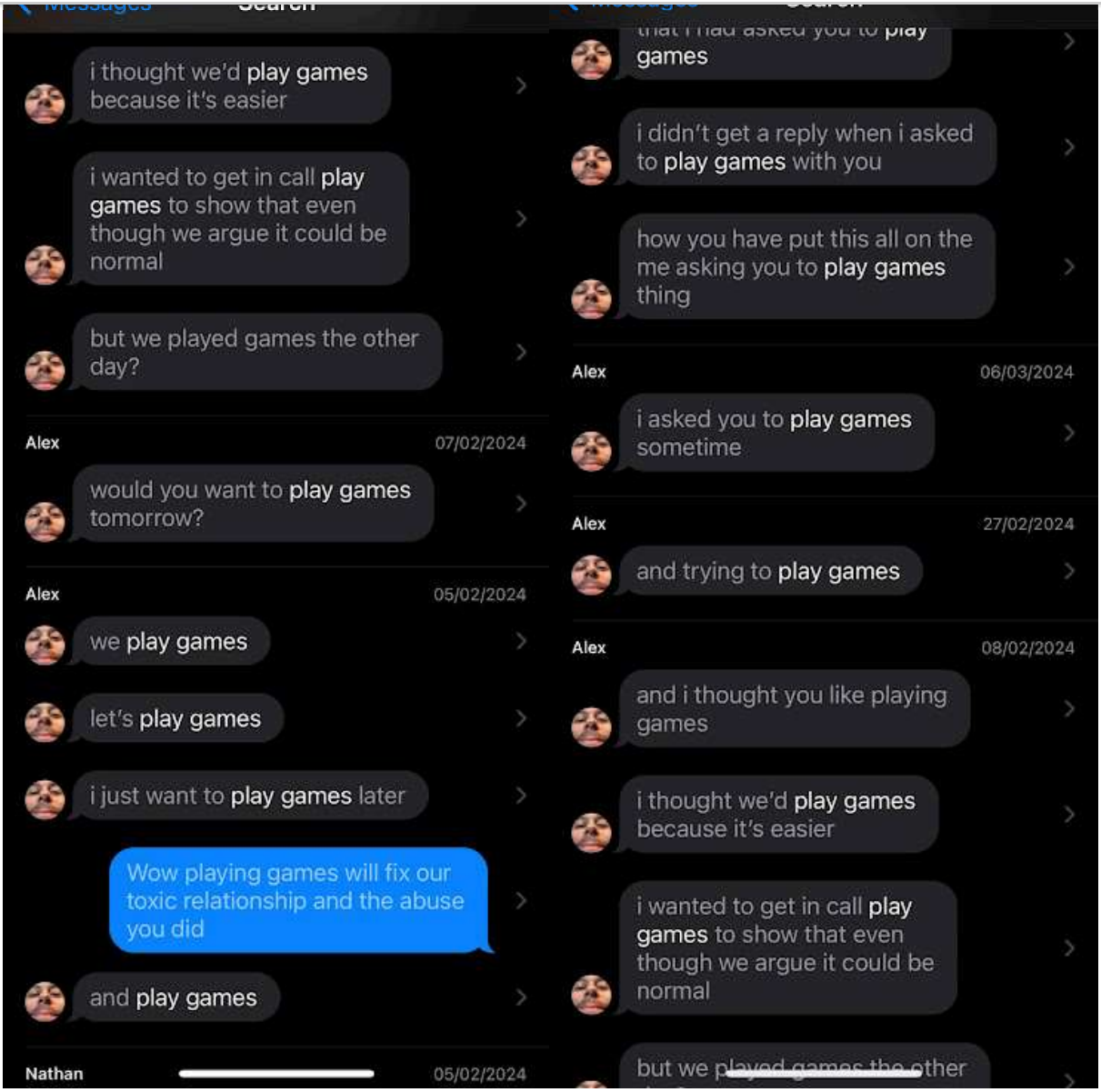
# Response - Read First


Alex
You was a dick yesterday
what
i'm so upset
because you aren't letting me do anything
but it's the way you talk
you didn't have to fob me off in the way you did
you can say your busy in a million ways
but you did it in a way to make me feel small
i don't get why you did that
I told you how I felt
come on you know surely you did it rudely
nooo
i ask you if we can play games
I'm not going over it all
Text Message
Alex
i ask you if we can play games
I'm not going over it all
or call and you basically said you've got not much time left anyway
You overreacted
that's not cool man !
And turned into a dickhead
okay
nice
Stop man
well that's it then
God you're like a bomb
if we can't call
You just sent nice things
Now this
Text Message

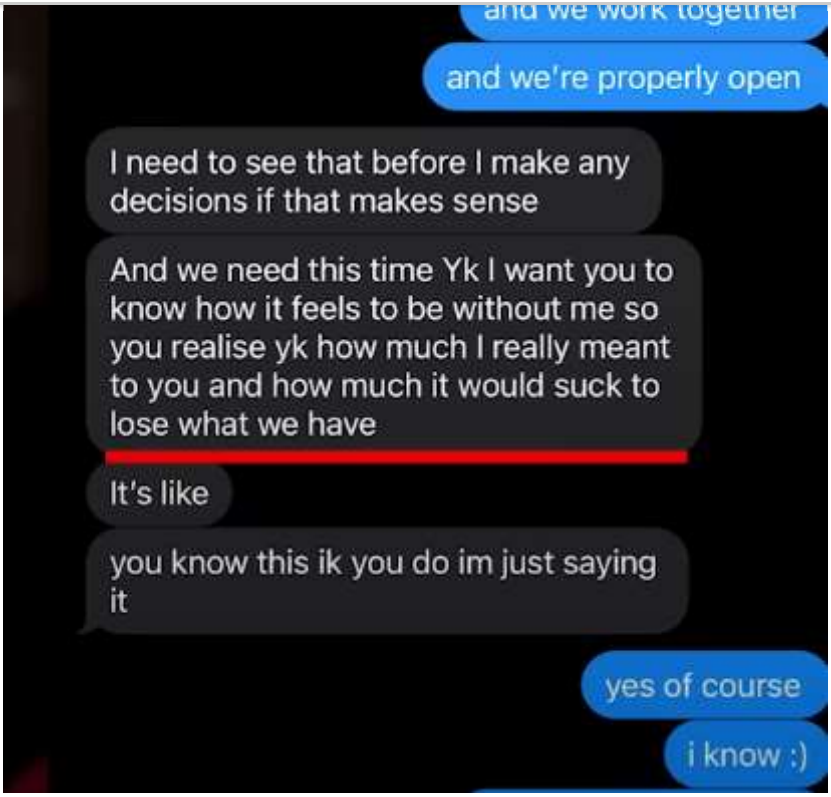
# Response - Read First


allowed or whatever
i ask you if we can play games
Playing games isn't gonna do anything
I never said it's wrong if you dont try play games
but if i don't try to play games
Alex 08/01/2024
asked you to play games
do you want to play games
Alex 07/01/2024
i want to play games
Alex 06/01/2024
was hoping we'd play games today
Alex 01/01/2024
do you want to play games later
Alex 30/12/2023
Alex 22/01/2024
can we play games soon
Alex 09/01/2024
i ask you to play games
and playing games is not allowed or whatever
i ask you if we can play games
Playing games isn't gonna do anything
I never said it's wrong if you dont try play games
but if i don't try to play games
Alex 08/01/2024
asked you to play games
do you want to play games
Alex 07/01/2024
i want to play games
Alex 06/01/2024

# Response - Read First

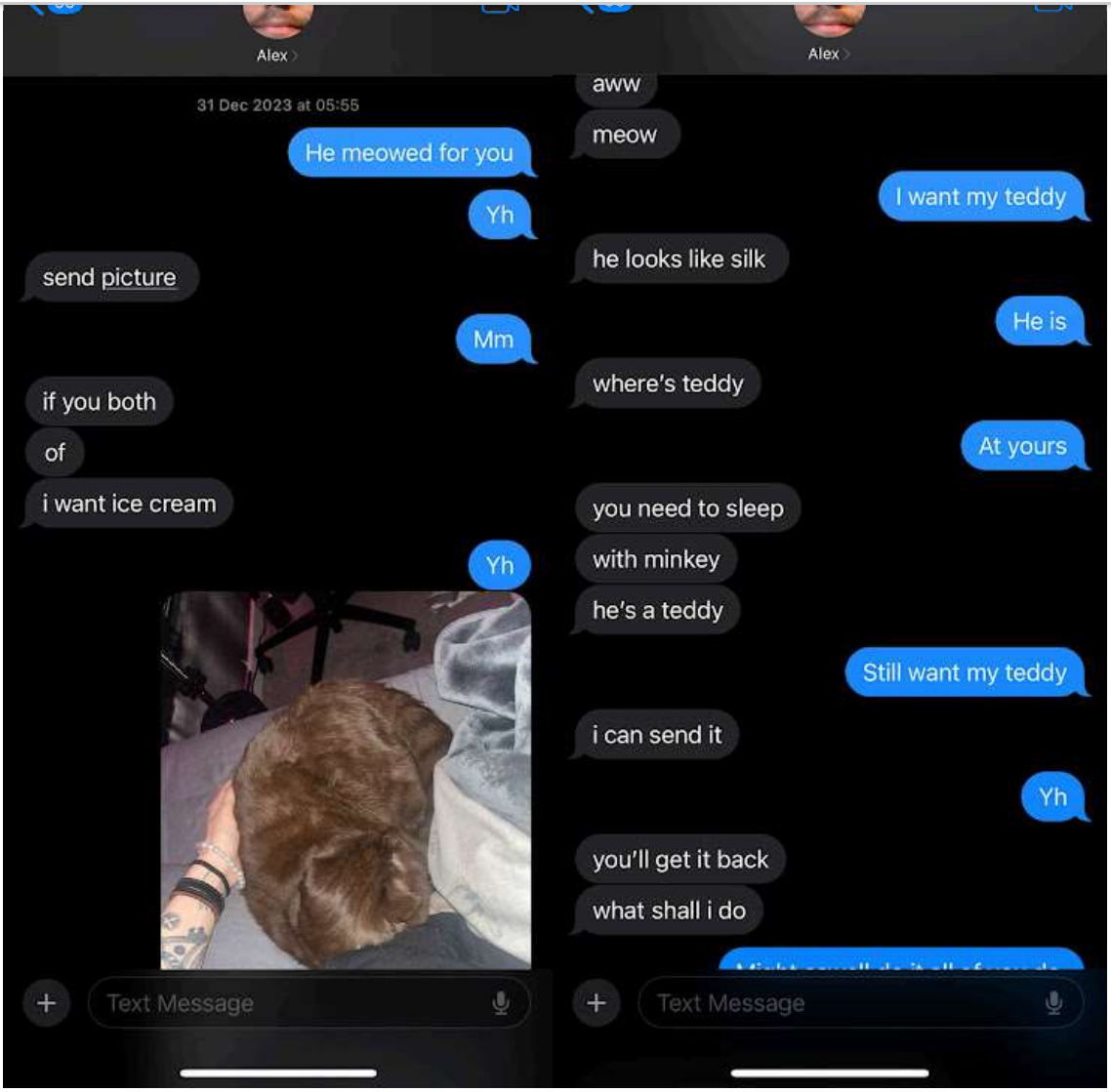

i thought we'd play games because it's easier
i wanted to get in call play games to show that even though we argue it could be normal
but we played games the other day?
Alex 07/02/2024
would you want to play games tomorrow?
Alex 05/02/2024
we play games
let's play games
i just want to play games later
Wow playing games will fix our toxic relationship and the abuse you did
and play games
Nathan 05/02/2024
games
i didn't get a reply when i asked to play games with you
how you have put this all on the me asking you to play games thing
Alex 06/03/2024
i asked you to play games sometime
Alex 27/02/2024
and trying to play games
Alex 08/02/2024
and i thought you like playing games
i thought we'd play games because it's easier
i wanted to get in call play games to show that even though we argue it could be normal

# Response - Read First

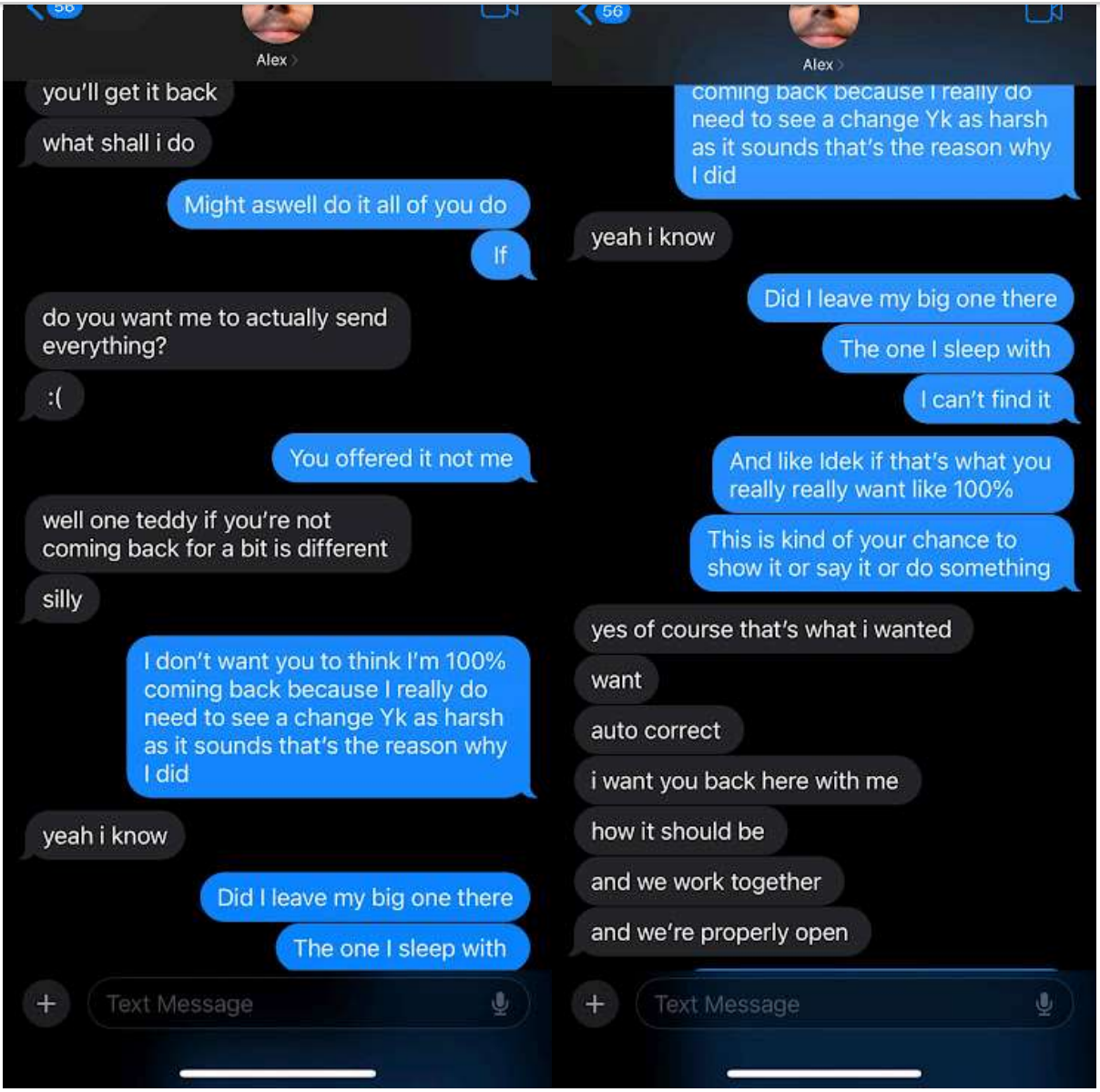

and we work together
and we're properly open
I need to see that before I make any decisions if that makes sense
And we need this time Yk I want you to know how it feels to be without me so you realise yk how much I really meant to you and how much it would suck to lose what we have
It's like
you know this ik you do im just saying it
yes of course
i know :)

He manipulates this message to make me seem like I'm being toxic, that isn't what was happening. Not once do I manipulate or blackmail him as he claims in his video.

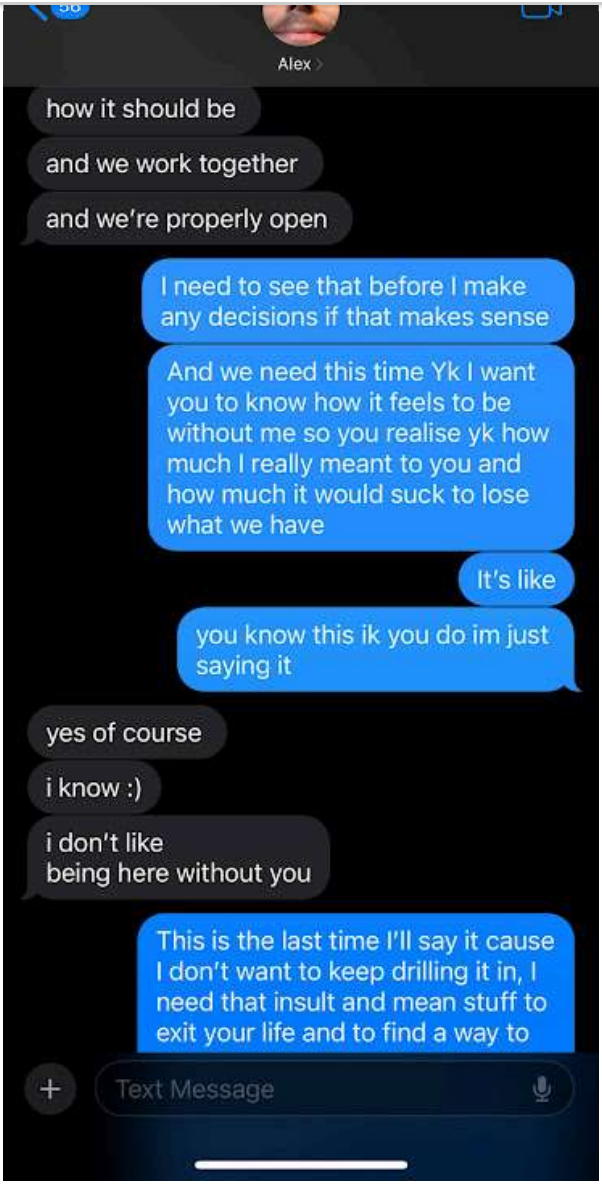
# Response - Read First



# Response - Read First


Alex
you'll get it back
what shall i do
Might aswell do it all of you do
If
do you want me to actually send everything?
:(
You offered it not me
well one teddy if you're not coming back for a bit is different
silly
I don't want you to think I'm 100% coming back because I really do need to see a change Yk as harsh as it sounds that's the reason why I did
yeah i know
Did I leave my big one there
The one I sleep with
Text Message
Alex
coming back because I really do need to see a change Yk as harsh as it sounds that's the reason why I did
yeah i know
Did I leave my big one there
The one I sleep with
I can't find it
And like Idek if that's what you really really want like 100%
This is kind of your chance to show it or say it or do something
yes of course that's what i wanted
want
auto correct
i want you back here with me
how it should be
and we work together
and we're properly open
Text Message

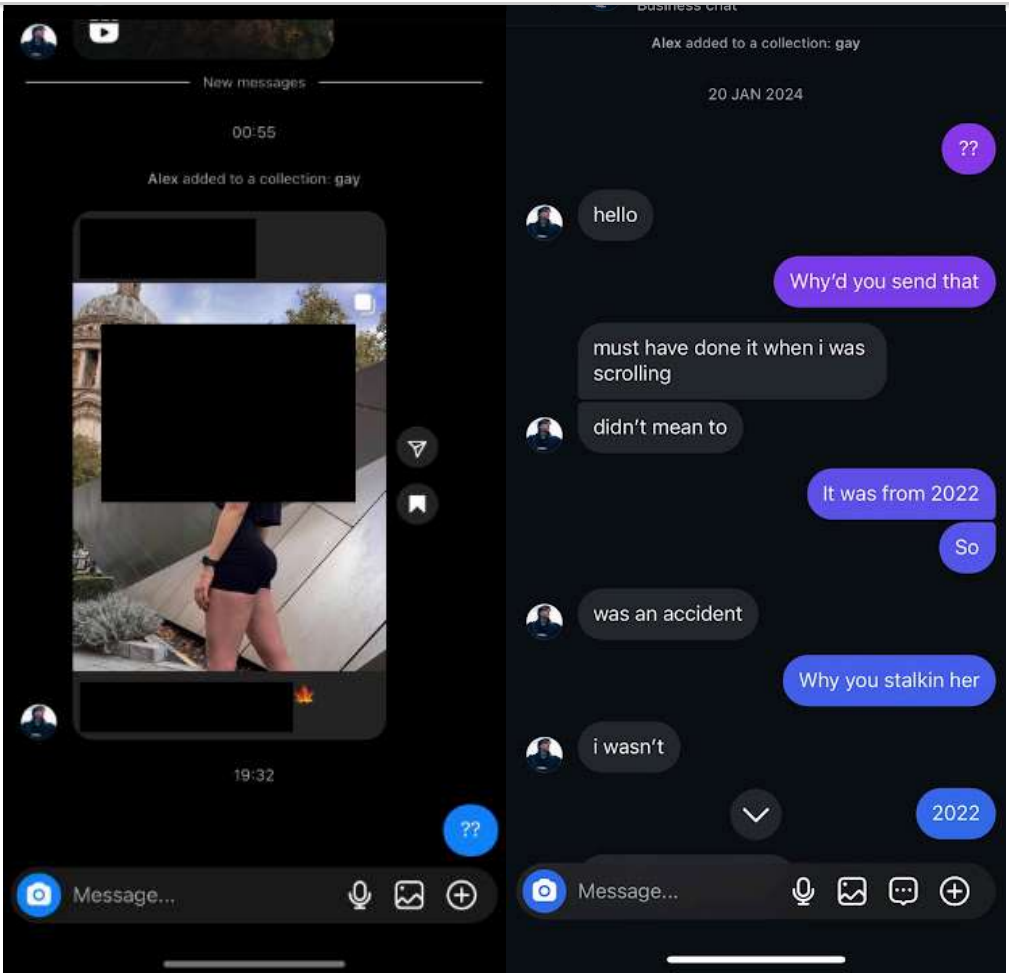
# Response - Read First


Alex
how it should be
and we work together
and we're properly open
I need to see that before I make any decisions if that makes sense
And we need this time Yk I want you to know how it feels to be without me so you realise yk how much I really meant to you and how much it would suck to lose what we have
It's like
you know this ik you do im just saying it
yes of course
i know :)
i don't like being here without you
This is the last time I'll say it cause I don't want to keep drilling it in, I need that insult and mean stuff to exit your life and to find a way to
Text Message

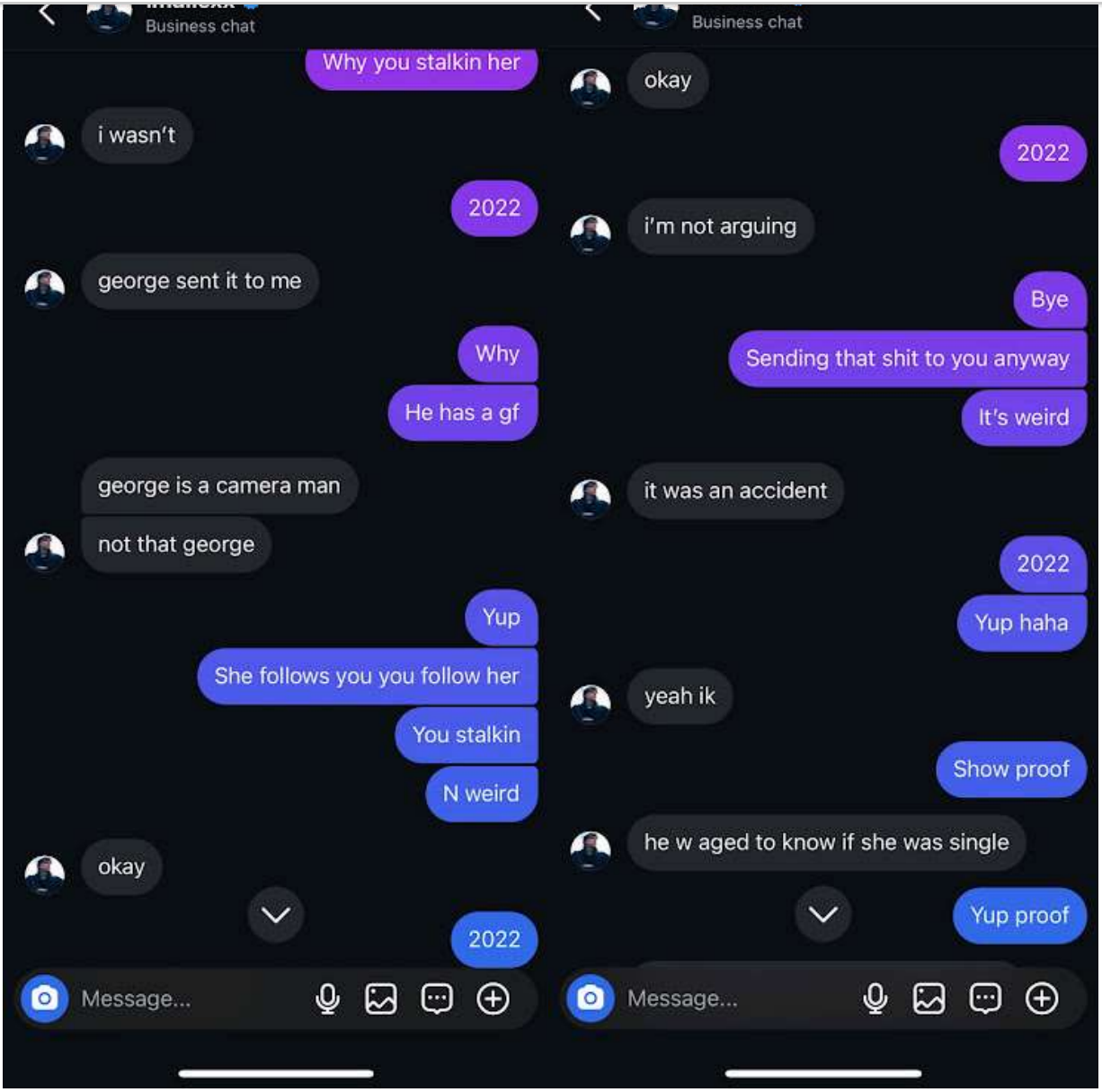
He now goes into how I am asking him why he has refollowed girls he had unfollowed in our relationship. This toxic dynamic came into the relationship very early on when we argued and he threatened that he would follow back girls he had relations with, and told me he can find better. That is why I tell him he can't. This is toxic and I was very insecure in this relationship, we both were.
I question him on girls he follows and the context of this is that after I left him, he was trying to fix things and get back together with Alex then going out of his way to follow old ex's was confusing to me and i brought it up to him many times. He won't add the context as to why I was this insecure and he did not own up to also doing this himself with the same behaviour.

# Response - Read First

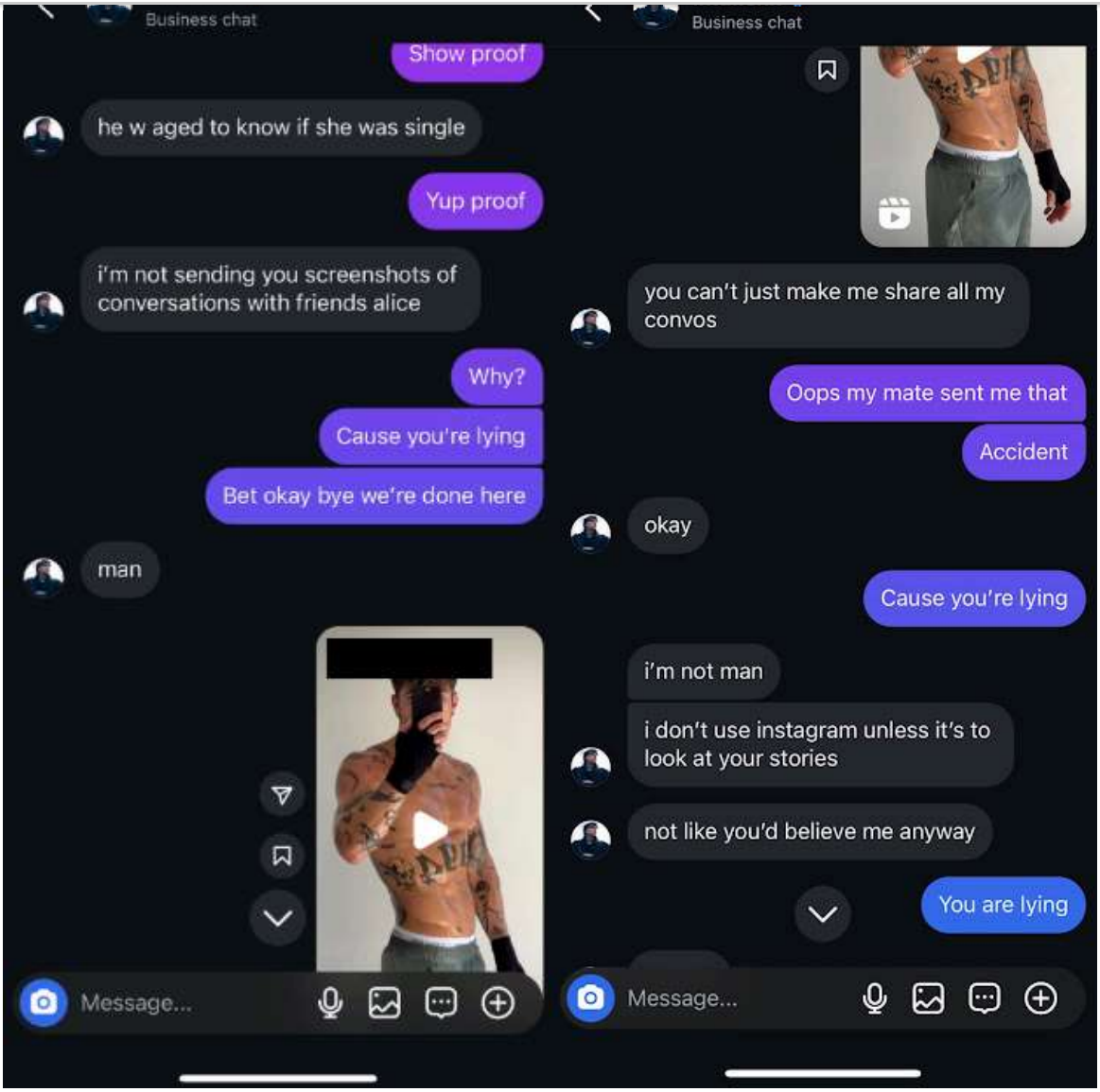
# Response - Read First



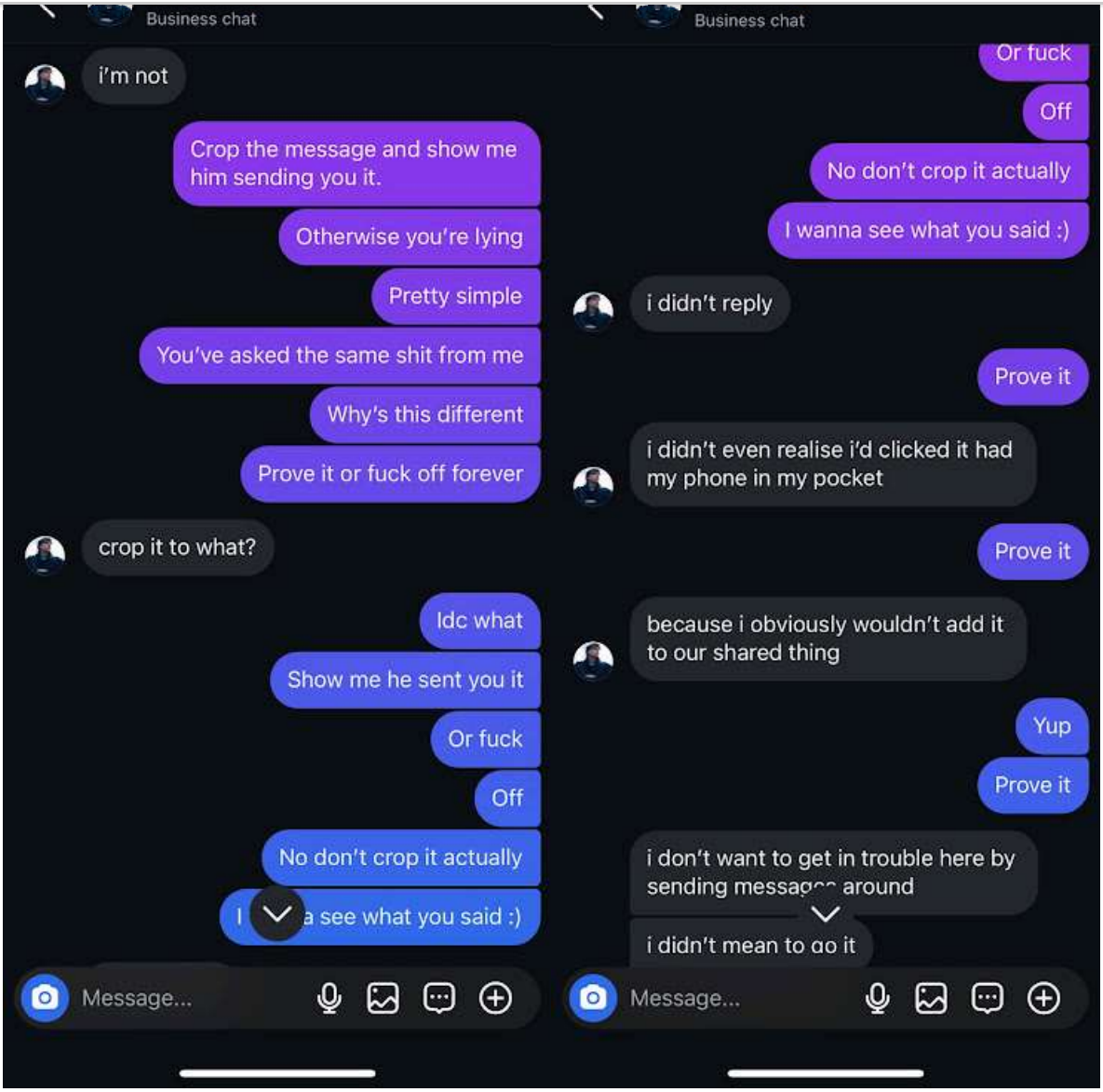
# Response - Read First



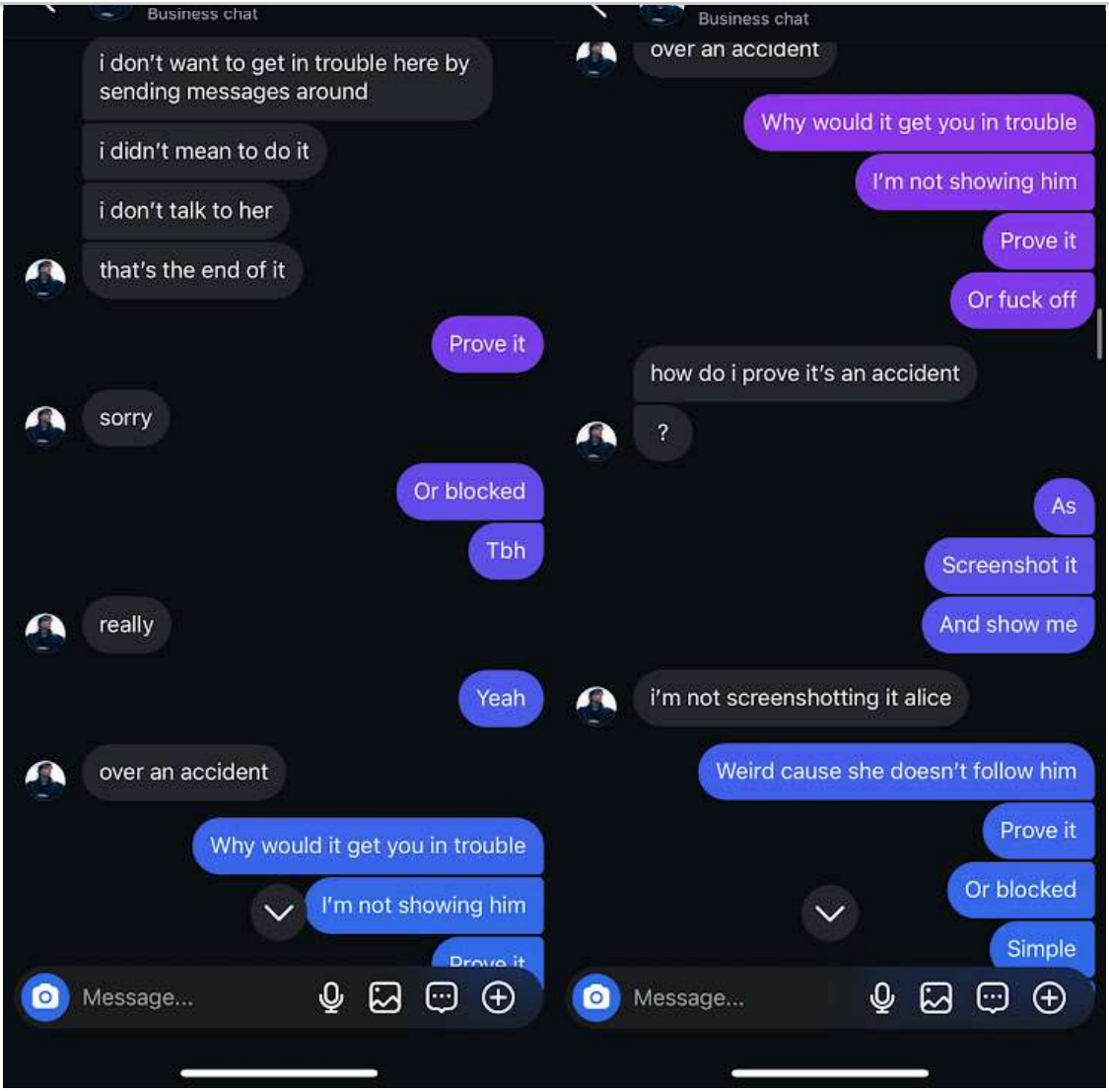
# Response - Read First


Business chat
Show proof
he w aged to know if she was single
Yup proof
i'm not sending you screenshots of conversations with friends alice
Why?
Cause you're lying
Bet okay bye we're done here
man
Message...
Business chat
you can't just make me share all my convos
Oops my mate sent me that
Accident
okay
Cause you're lying
i'm not man
i don't use instagram unless it's to look at your stories
not like you'd believe me anyway
You are lying
Message...

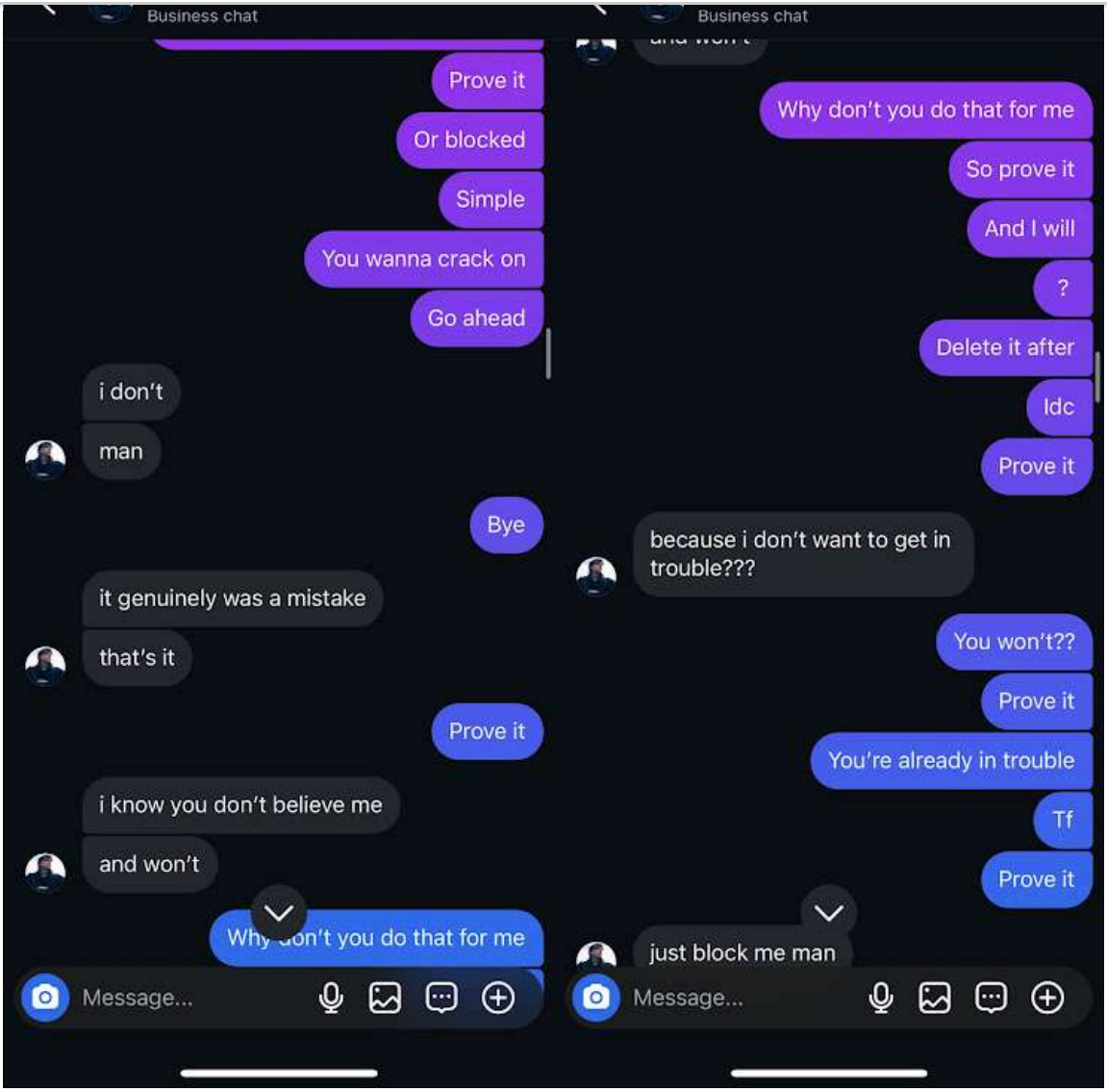
# Response - Read First


Business chat
i'm not
Crop the message and show me him sending you it.
Otherwise you're lying
Pretty simple
You've asked the same shit from me
Why's this different
Prove it or fuck off forever
crop it to what?
Idc what
Show me he sent you it
Or fuck
Off
No don't crop it actually
see what you said :)
Message...
Business chat
Or fuck
Off
No don't crop it actually
I wanna see what you said :)
i didn't reply
Prove it
i didn't even realise i'd clicked it had my phone in my pocket
Prove it
because i obviously wouldn't add it to our shared thing
Yup
Prove it
i don't want to get in trouble here by sending messages around
i didn't mean to do it
Message...

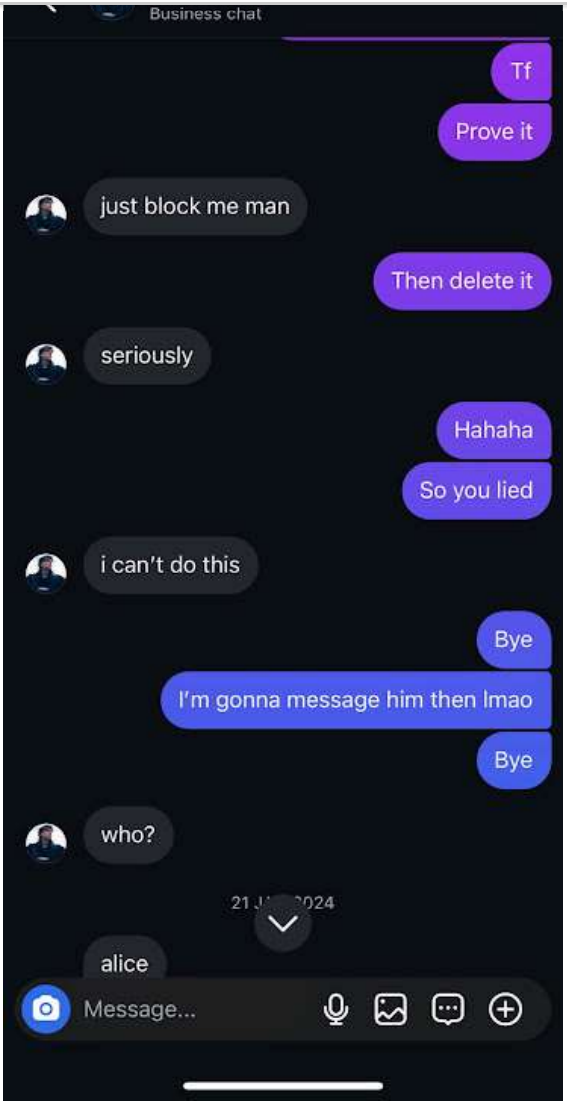
# Response - Read First



# Response - Read First

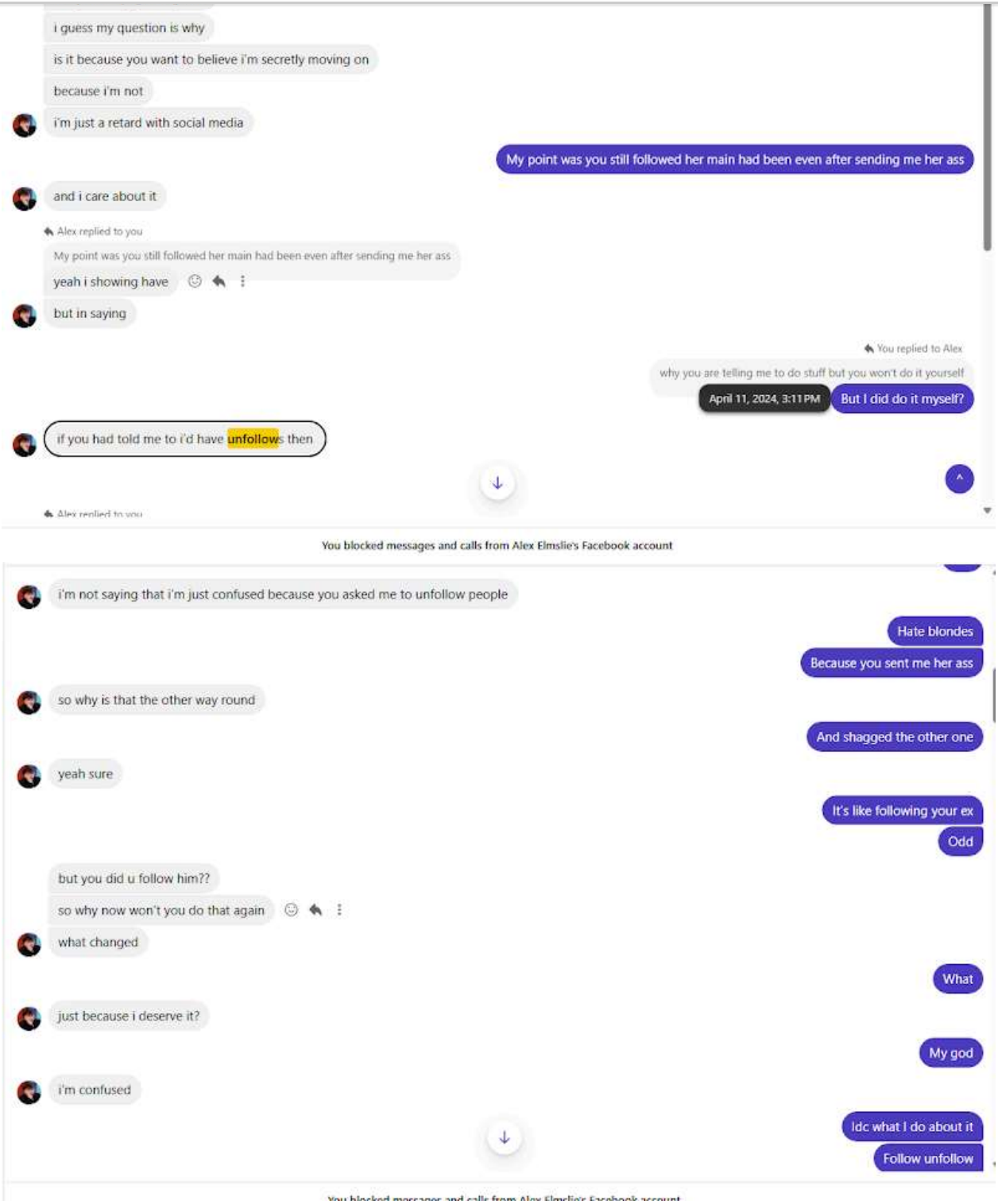


# Response - Read First




I know im reacting badly to this, but the guy trying to fix things just sent me an ass pic from 2022,  i'm insecure about it and he won't prove that it was a mistake that his friend sent him when it would've been very easy to prove and settle my mind if he was telling the truth.

# Response - Read First

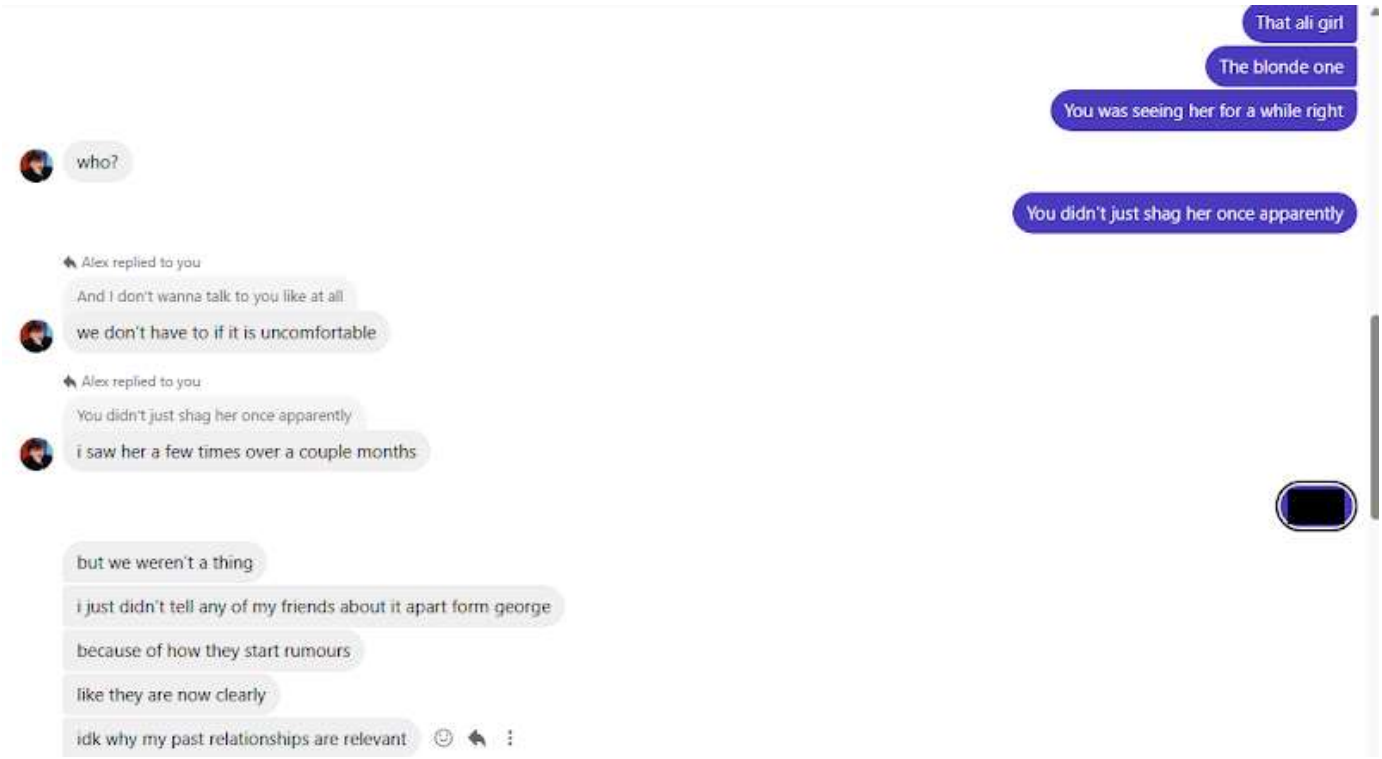

i guess my question is why
is it because you want to believe i'm secretly moving on
because i'm not
i'm just a retard with social media
My point was you still followed her main had been even after sending me her ass
and i care about it
Alex replied to you
My point was you still followed her main had been even after sending me her ass
yeah i showing have
but in saying
You replied to Alex
why you are telling me to do stuff but you won't do it yourself
April 11, 2024, 3:11 PM
But I did do it myself?
if you had told me to i'd have unfollows then
You blocked messages and calls from Alex Elmslie's Facebook account
i'm not saying that i'm just confused because you asked me to unfollow people
Hate blondes
Because you sent me her ass
so why is that the other way round
And shagged the other one
yeah sure
It's like following your ex
Odd
but you did u follow him??
so why now won't you do that again
what changed
What
just because i deserve it?
My god
i'm confused
Idc what I do about it
Follow unfollow

This was because I was still following someone that had shown interest in me, not once had I shagged him, or sexualised him, nothing went further than friends. Alex used this as a way to defend himself for following ex's. I did end up unfollowing him for Alex, but as soon as I saw Alex had followed another ex I followed him back and stopped caring for this. The difference was I wasn't following anyone I had been intimate with, he was.

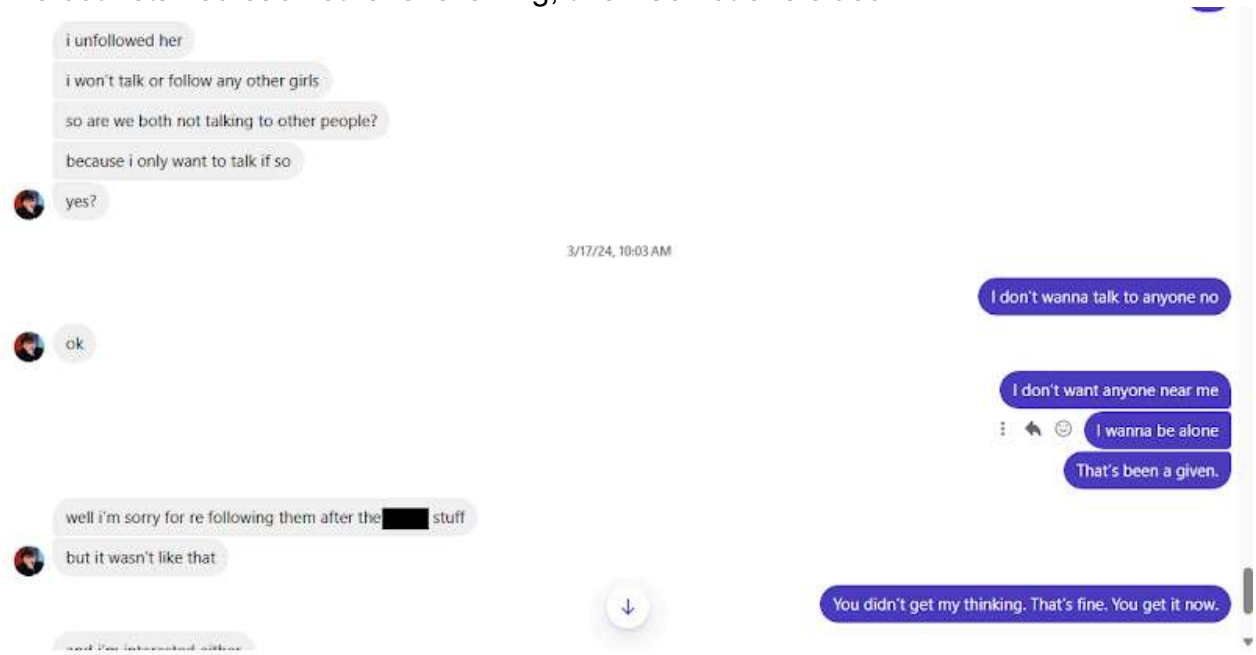
Alex admits he did not trust any of my friends as he thought they all wanted to "have sex" with me. I stay inside, I play games. I don't have a lot of girl friends and I wish I did, so Alex had not felt insecure about my friends but they're all people I trust deeply. He forgets to add his own behaviours like when my friends came down to london as they live in another country, we all met up together for

# Response - Read First

come with me to meet everyone.
What I'm trying to put across here is that me and Alex were both insecure and it was never one sided.


That ali girl
The blonde one
You was seeing her for a while right
who?
You didn't just shag her once apparently
Alex replied to you
And I don't wanna talk to you like at all
we don't have to if it is uncomfortable
Alex replied to you
You didn't just shag her once apparently
i saw her a few times over a couple months
[redacted]
but we weren't a thing
i just didn't tell any of my friends about it apart form george
because of how they start rumours
like they are now clearly
idk why my past relationships are relevant

Blacked out her name. He's saying he doesn't know why it's relevant but it's because he started following her again.
We both stalked each other's following, this was not one sided.


i unfollowed her
i won't talk or follow any other girls
so are we both not talking to other people?
because i only want to talk if so
yes?
3/17/24, 10:03 AM
I don't wanna talk to anyone no
ok
I don't want anyone near me
I wanna be alone
That's been a given.
well i'm sorry for re following them after the [redacted] stuff
but it wasn't like that
You didn't get my thinking. That's fine. You get it now.

# Response - Read First

That you pissed me off and you now mad
that you will die for liking that tweet
No
?
I won't
That's not it hahahaha
Idc about that
1 Reply
I apologised for that
i'm going to go refollow all the people i unfollowed for you
if your gonna be like that
then it can be like that
Read my messages... you asshole
Idc about that

He compares a tweet that I liked from a complete stranger, to following ex's/past intimate relations.

Again another reason as to why i was insecure was finding his ex's pictures in his phone along with stalking her.
In the start of the relationship I made it apparent to Alex that I was uncomfortable with him following any pages that were to do with sw, i don't care for anyone he was friends with, just accounts that made me uncomfortable and still following ex's/ people he slept with. This was a boundary of mine that Alex knew of. In no way was I trying to be controlling, this was something he was fine with doing and it was the same for me this was not a double standard.

# Response - Read First

bins out and asking me to come over for dinner.

Once I started to not respond to Alex, he had started following girls we argued about before, there was a specific one I brought up as it was a recent one before me and he claims to was because she reached out to him.

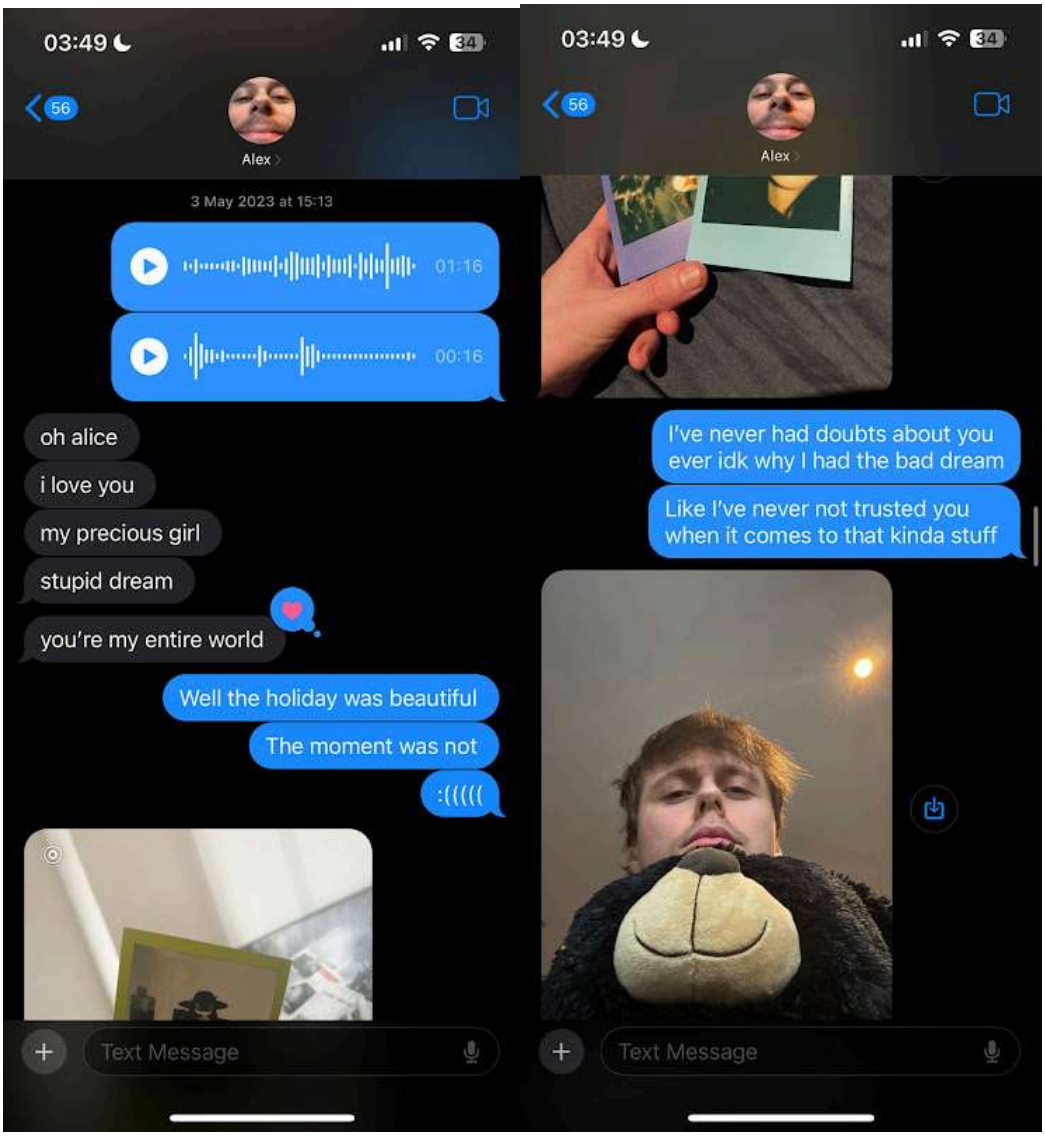
and i understand
I don't care for what you decide to fuck (they all gonna be clapped n ugly anyway good luck finding better than me) but my point is, if you're doing that. Please stop messaging me

At this point I was over him going back on things he had said and promised, the conversation was about a girl that had come up already before. This had only become an issue as like i said this made me feel very insecure as he was trying to get back with me while doing this. I asked him to stop trying with me and messaging me if this is what he wanted to do.
This was mutual behaviour.

# Response - Read First

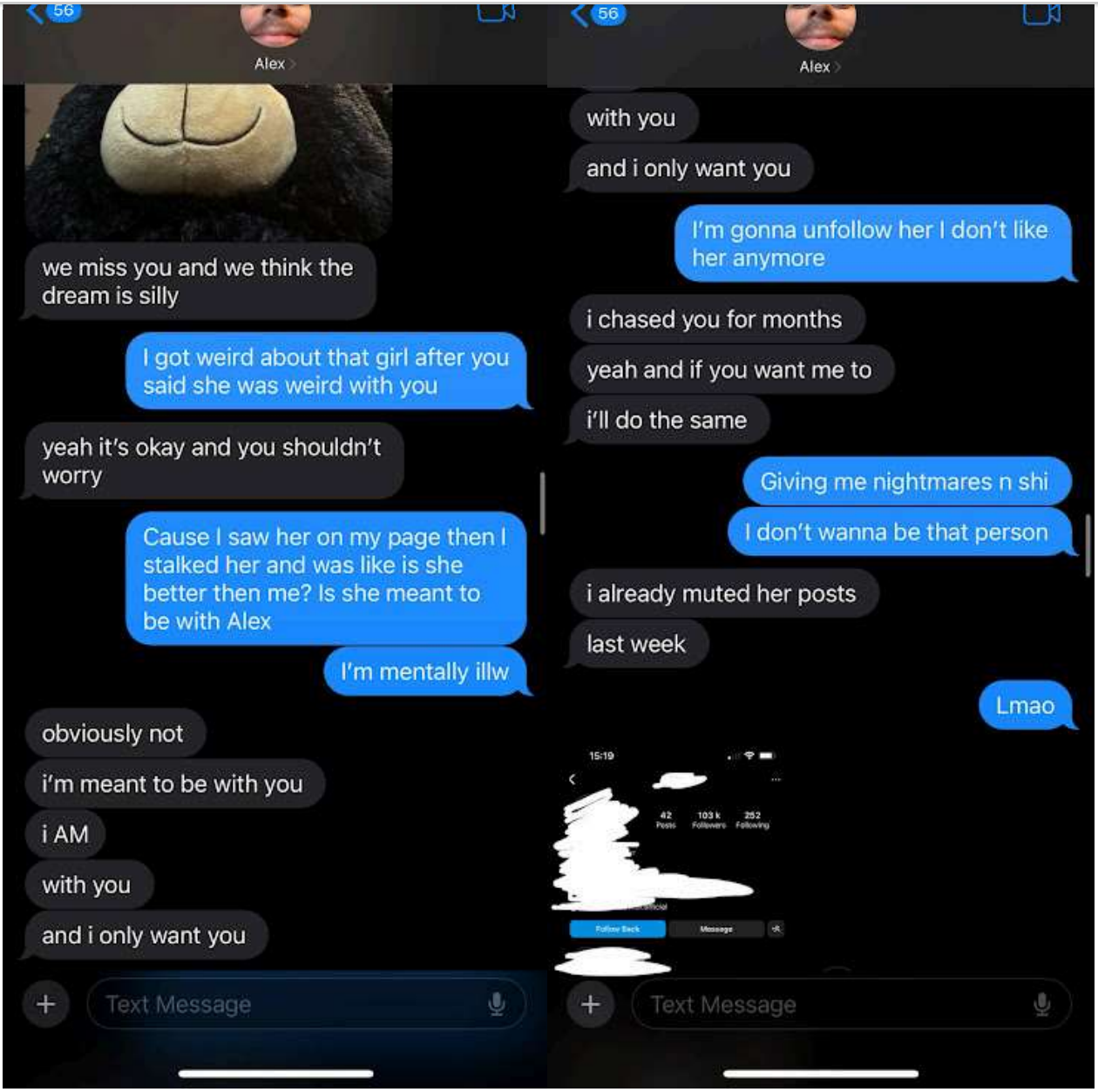
To then claim I went onto his phone and unfollowed these people for him is a lie. I simply just asked and he did. He uses this screenshot while saying we were not together for months yet the screenshot he used is in September 2023 while we are still dating.

I simply told Alex whenever I was insecure and I never did the things he has said I had done like taking his phone and slapping him over this.
Here's an example.

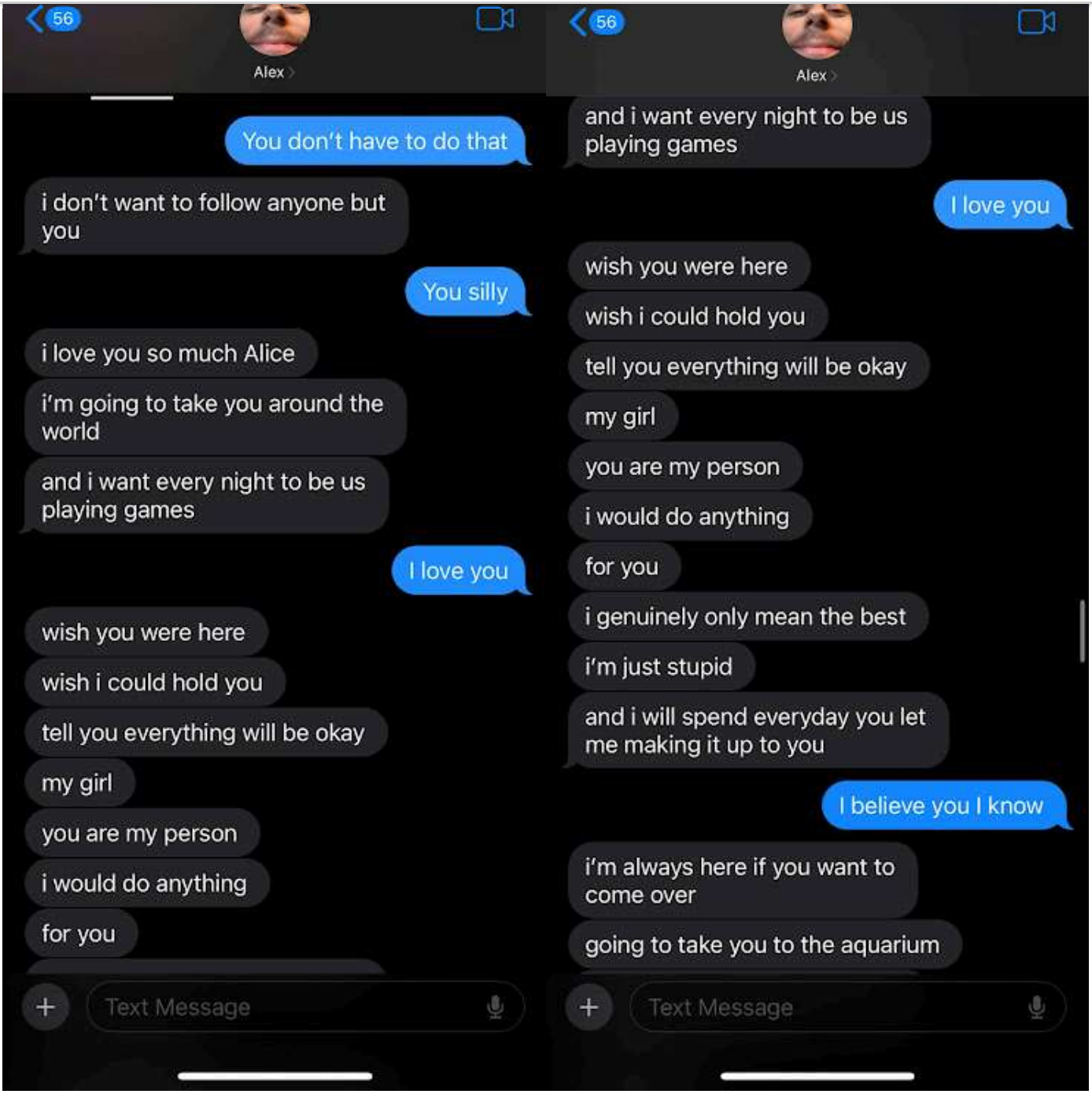



My voice note was of me waking up, telling Alex I had a bad dream about him and that he cheated on me.
I'll just add the voice note in the folder, labelled VM bad dream i had.

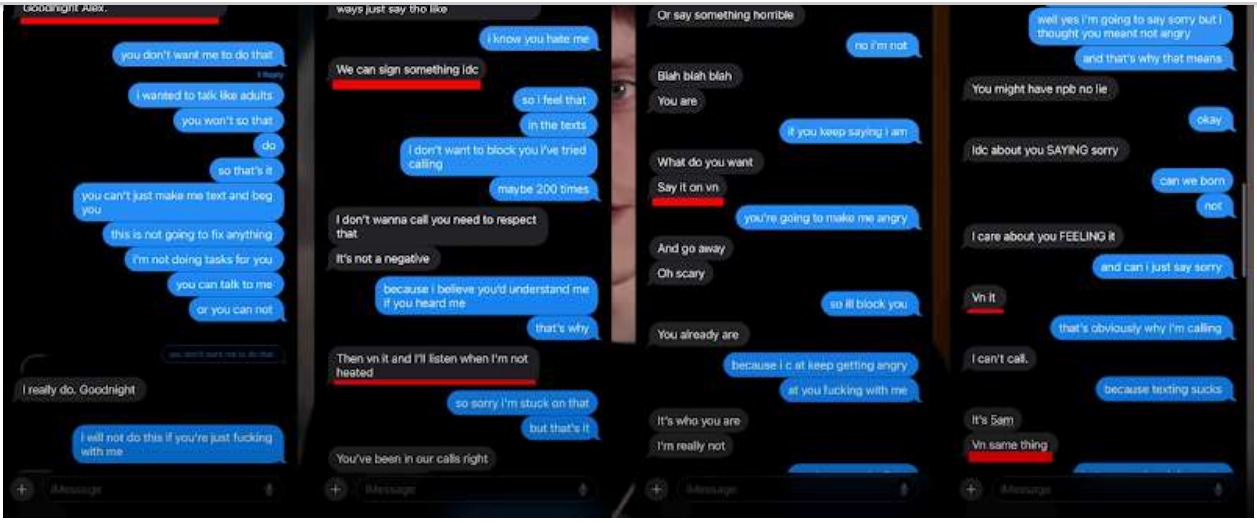
# Response - Read First


56
Alex
we miss you and we think the dream is silly
I got weird about that girl after you said she was weird with you
yeah it's okay and you shouldn't worry
Cause I saw her on my page then I stalked her and was like is she better then me? Is she meant to be with Alex
I'm mentally illw
obviously not
i'm meant to be with you
i AM
with you
and i only want you
Text Message
56
Alex
with you
and i only want you
I'm gonna unfollow her I don't like her anymore
i chased you for months
yeah and if you want me to
i'll do the same
Giving me nightmares n shi
I don't wanna be that person
i already muted her posts
last week
Lmao
15:19
Text Message

# Response - Read First

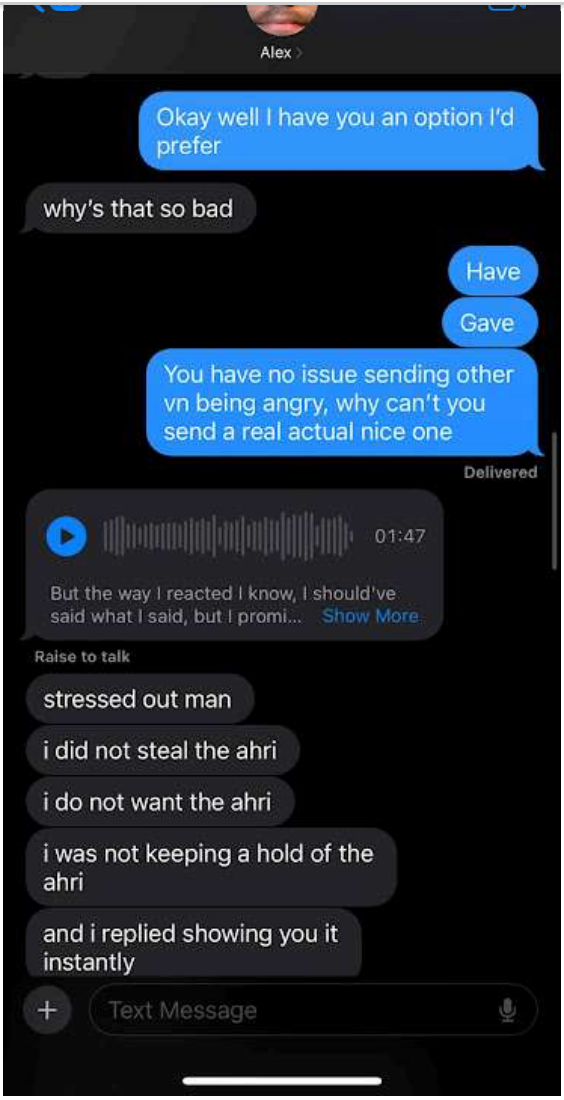

56
Alex
You don't have to do that
i don't want to follow anyone but you
You silly
i love you so much Alice
i'm going to take you around the world
and i want every night to be us playing games
I love you
wish you were here
wish i could hold you
tell you everything will be okay
my girl
you are my person
i would do anything
for you
Text Message
56
Alex
and i want every night to be us playing games
I love you
wish you were here
wish i could hold you
tell you everything will be okay
my girl
you are my person
i would do anything
for you
i genuinely only mean the best
i'm just stupid
and i will spend everyday you let me making it up to you
I believe you I know
i'm always here if you want to come over
going to take you to the aquarium
Text Message

# Response - Read First


you don't want me to do that
I wanted to talk like adults
you won't so that
do
so that's it
you can't just make me text and beg you
this is not going to fix anything
i'm not doing tasks for you
you can talk to me
or you can not
I really do. Goodnight
I will not do this if you're just fucking with me
We can sign something idc
I know you hate me
so i feel that
in the texts
I don't want to block you i've tried calling
maybe 200 times
I don't wanna call you need to respect that
It's not a negative
because i believe you'd understand me if you heard me
that's why
Then vn it and I'll listen when I'm not heated
so sorry i'm stuck on that
but that's it
You've been in our calls right
Or say something horrible
no i'm not
Blah blah blah
You are
it you keep saying I am
What do you want
Say it on vn
you're going to make me angry
And go away
Oh scary
so ill block you
You already are
because i c at keep getting angry
at you fucking with me
It's who you are
I'm really not
well yes i'm going to say sorry but i thought you meant not angry
and that's why that means
You might have npb no lie
okay
Idc about you SAYING sorry
can we born
not
I care about you FEELING it
and can i just say sorry
Vn it
that's obviously why i'm calling
I can't call.
because texting sucks
It's 5am
Vn same thing

He takes these screenshots to manipulate the timeline, these were way before he sent things to my house and sent the voice note i attached in my first document. These screenshots he shows are from early january. I ask him to send a vc of what he wanted to say as he kept on begging me to call him after we just got off the phone from arguing, i explain to him i don't want to call its 5am and if you wanna say sorry over call so bad, to leave a voice note instead as i am not going to call him. Calls were very traumatising for me after he treated me the way he did. This was not in any way me trying to blackmail him or manipulate him.

# Response - Read First

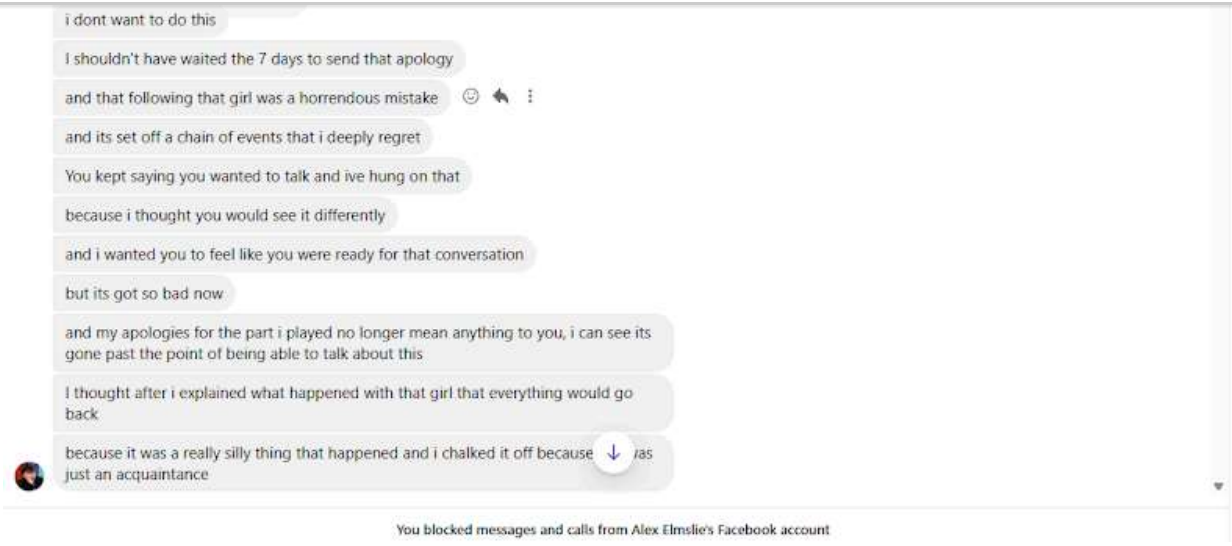

Alex
Okay well I have you an option I'd prefer
why's that so bad
Have
Gave
You have no issue sending other vn being angry, why can't you send a real actual nice one
Delivered
01:47
But the way I reacted I know, I should've said what I said, but I promi... Show More
Raise to talk
stressed out man
i did not steal the ahri
i do not want the ahri
i was not keeping a hold of the ahri
and i replied showing you it instantly
Text Message

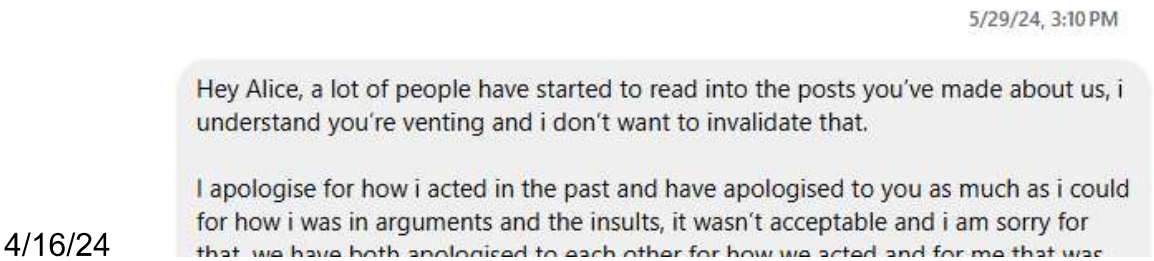
In no way was this conversation me trying to manipulate him into sending voice notes that he claims I planned to use to plot against him. I did not want to call after him being horrible to me over the phone.

He mentions at this point in the video that I accuse him of cheating on me, not once is this ever said. I never accuse Alex of cheating on me ever.
He then manipulates the timeline again saying he sent things to my house and apologised to me as he was scared about what else I would come out with and tell people he did, that is a lie. He does all of this BEFORE any tiktoks are made, before his friends know and before i reported it.

Here are the correct dates of the timeline.

# Response - Read First

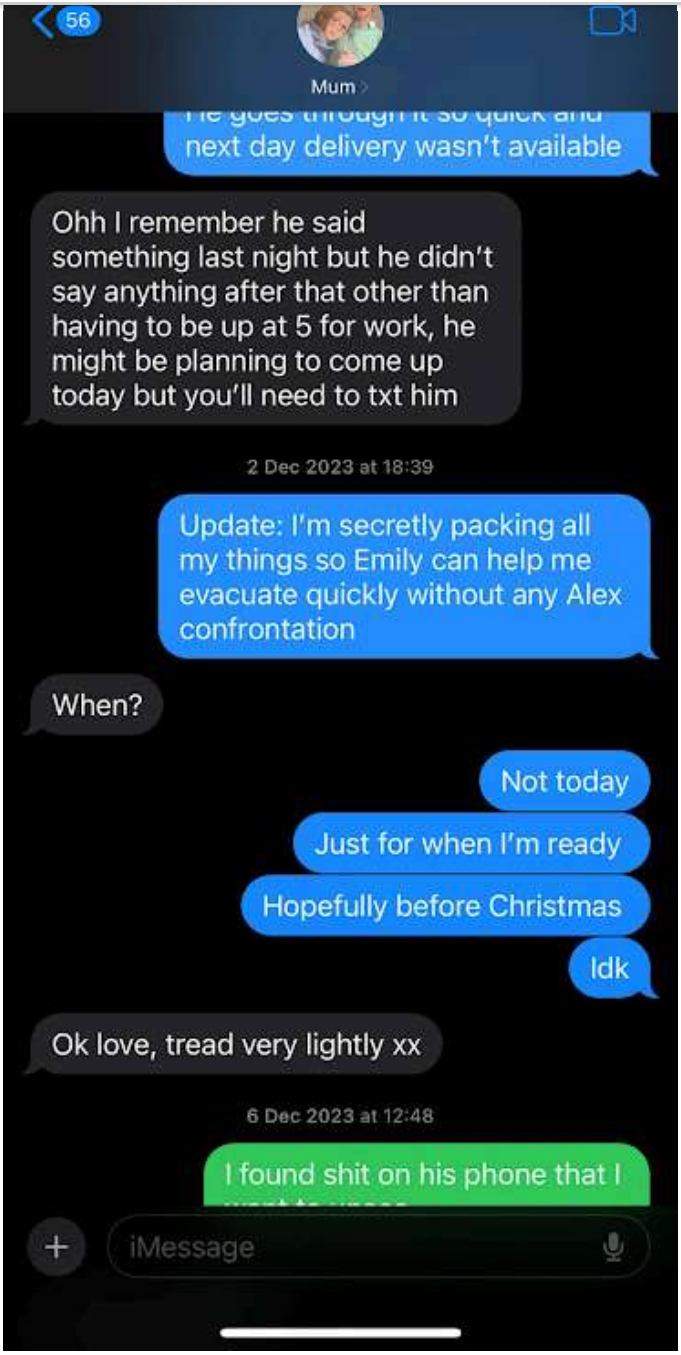

i dont want to do this
I shouldn't have waited the 7 days to send that apology
and that following that girl was a horrendous mistake
and its set off a chain of events that i deeply regret
You kept saying you wanted to talk and ive hung on that
because i thought you would see it differently
and i wanted you to feel like you were ready for that conversation
but its got so bad now
and my apologies for the part i played no longer mean anything to you, i can see its gone past the point of being able to talk about this
I thought after i explained what happened with that girl that everything would go back
because it was a really silly thing that happened and i chalked it off because
just an acquaintance
You blocked messages and calls from Alex Elmslie's Facebook account


5/29/24, 3:10 PM
Hey Alice, a lot of people have started to read into the posts you've made about us, i understand you're venting and i don't want to invalidate that.
I apologise for how i acted in the past and have apologised to you as much as i could for how i was in arguments and the insults, it wasn't acceptable and i am sorry for

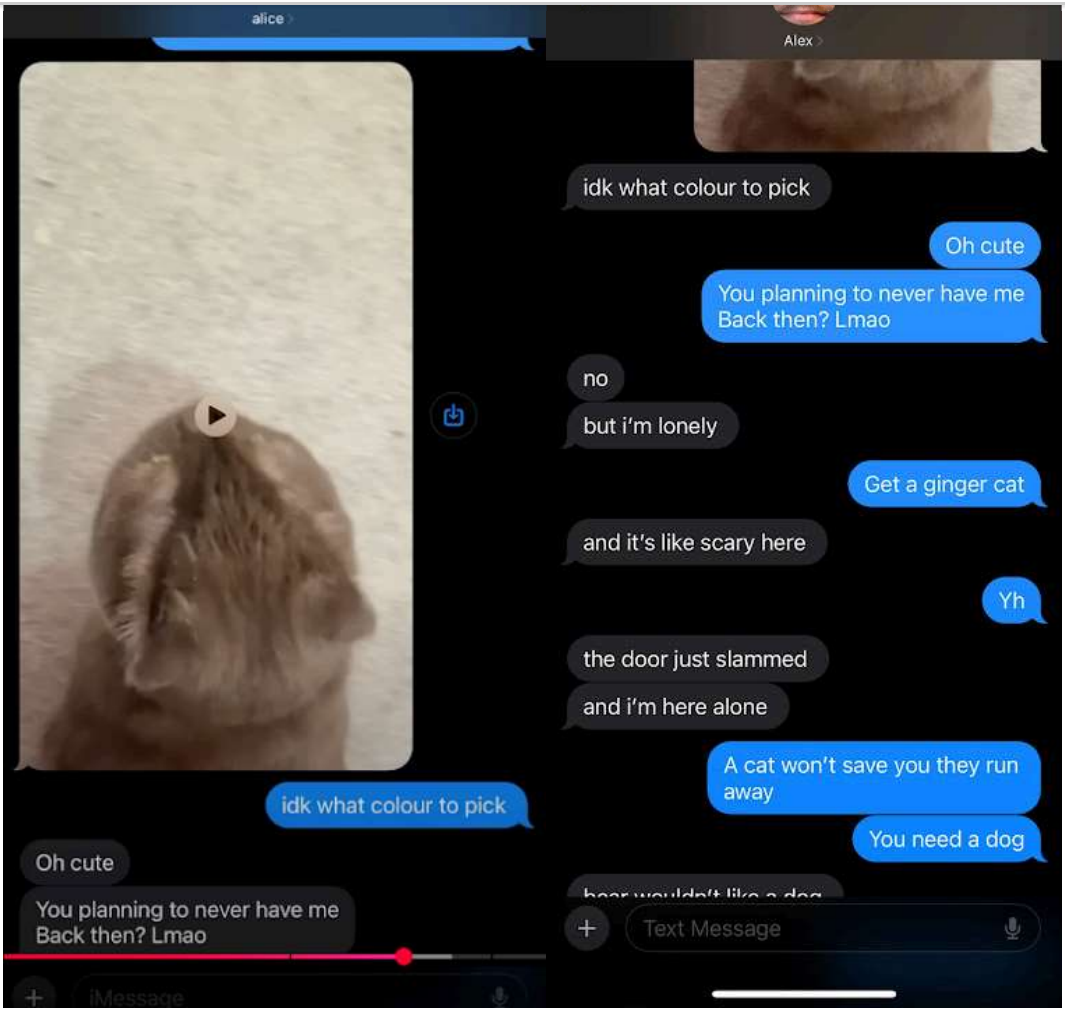
4/16/24
5/26/24
The very next month. After alex had apologised and spammed me. (he spammed me as i left a goodbye message) i linked this all in the doc already.

He claims he knew i was making a folder on him as he says i told him about how id write notes down on how he treated me, this is a lie i never tell alex about this they were private and for me to remind myself i need to leave him. I was planning on leaving Alex a month after moving in together and would slowly pack things into boxes or move all of my things into my office to make it easier to leave.

# Response - Read First

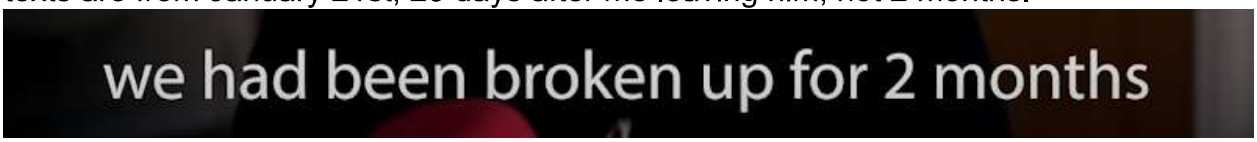

56
Mum
next day delivery wasn't available
Ohh I remember he said something last night but he didn't say anything after that other than having to be up at 5 for work, he might be planning to come up today but you'll need to txt him
2 Dec 2023 at 18:39
Update: I'm secretly packing all my things so Emily can help me evacuate quickly without any Alex confrontation
When?
Not today
Just for when I'm ready
Hopefully before Christmas
Idk
Ok love, tread very lightly xx
6 Dec 2023 at 12:48
I found shit on his phone that I
iMessage

# Response - Read First

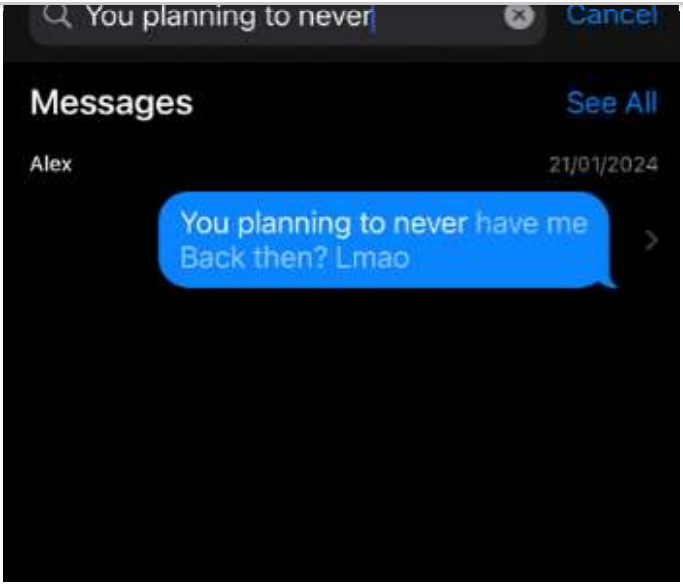



He uses this and claims he was under the impression we would not get back, again he's manipulating these texts and here are the rest. He's deliberately leaving out texts to solidify his false story.

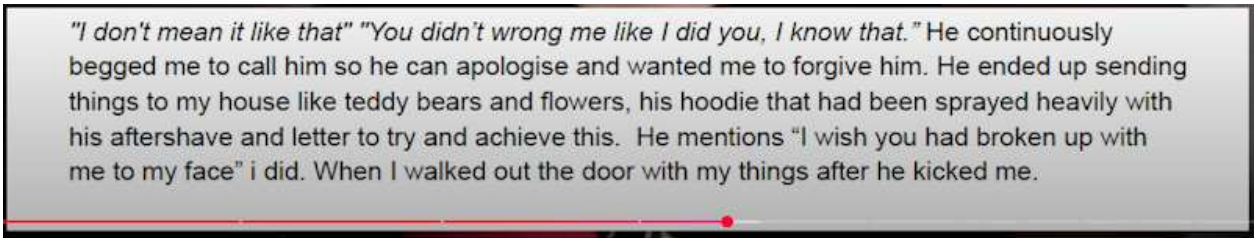
He also then says after this that we were broken up for 2 months after these texts, that is a lie. These texts are from January 21st, 23 days after me leaving him, not 2 months.



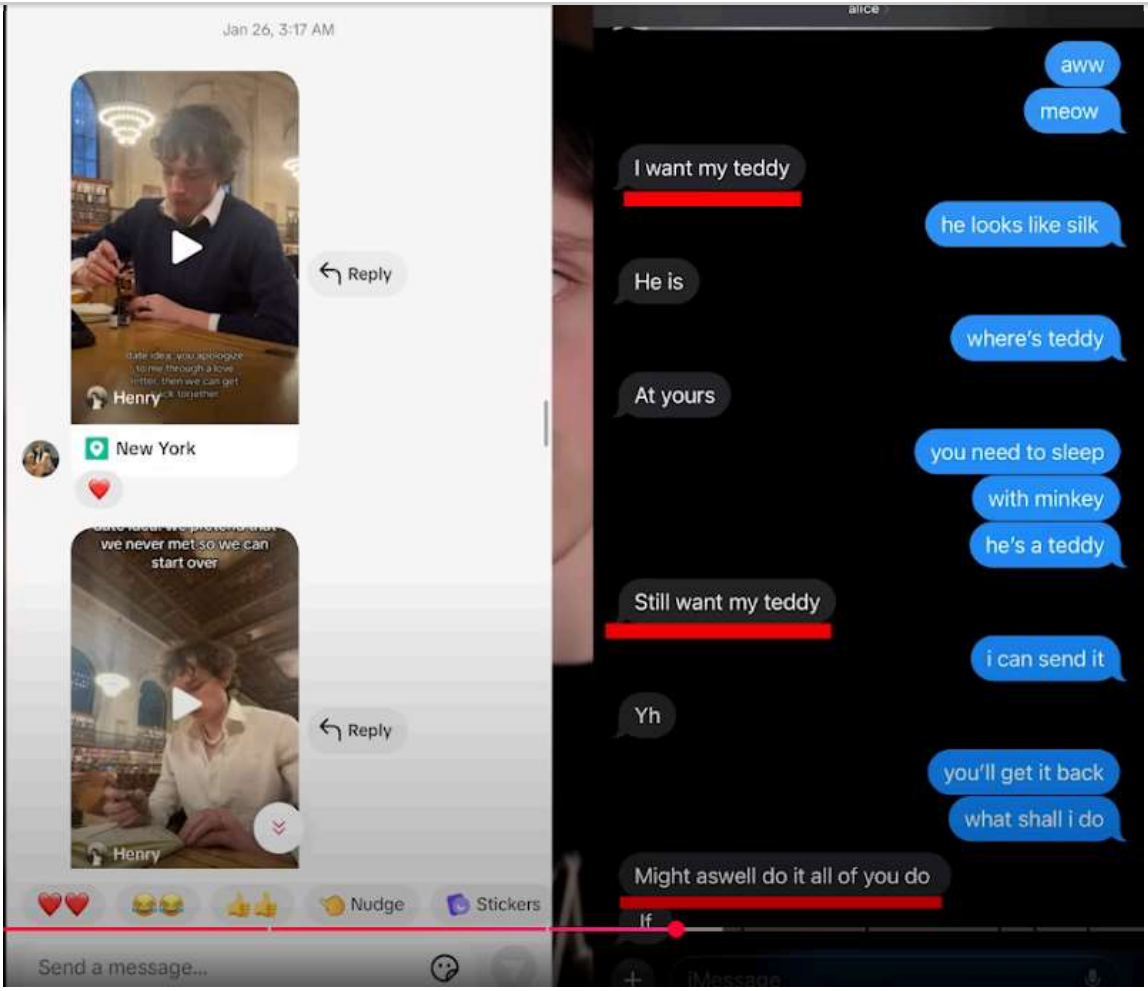
# Response - Read First




The date 21/01/2024

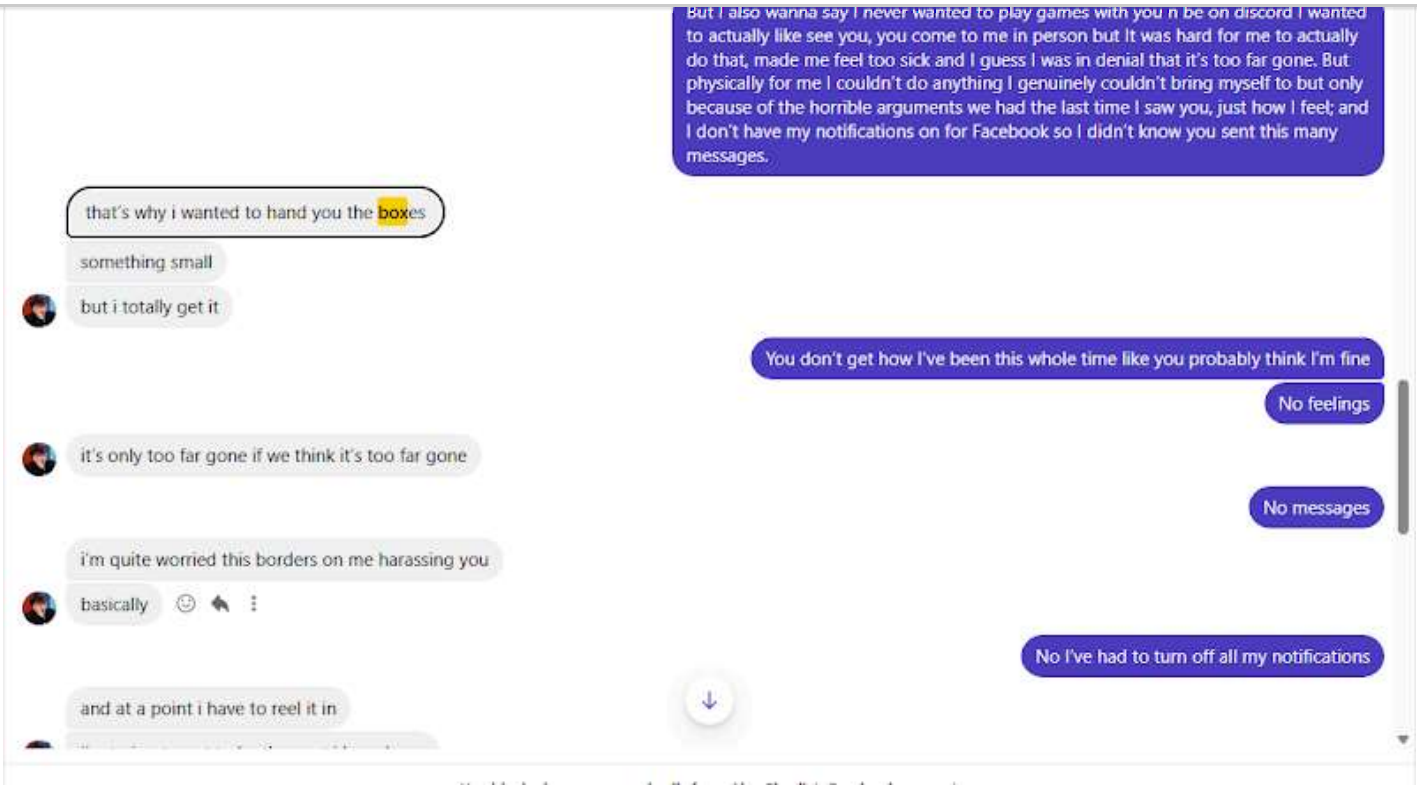

"I don't mean it like that" "You didn't wrong me like I did you, I know that." He continuously begged me to call him so he can apologise and wanted me to forgive him. He ended up sending things to my house like teddy bears and flowers, his hoodie that had been sprayed heavily with his aftershave and letter to try and achieve this. He mentions "I wish you had broken up with me to my face" i did. When I walked out the door with my things after he kicked me.

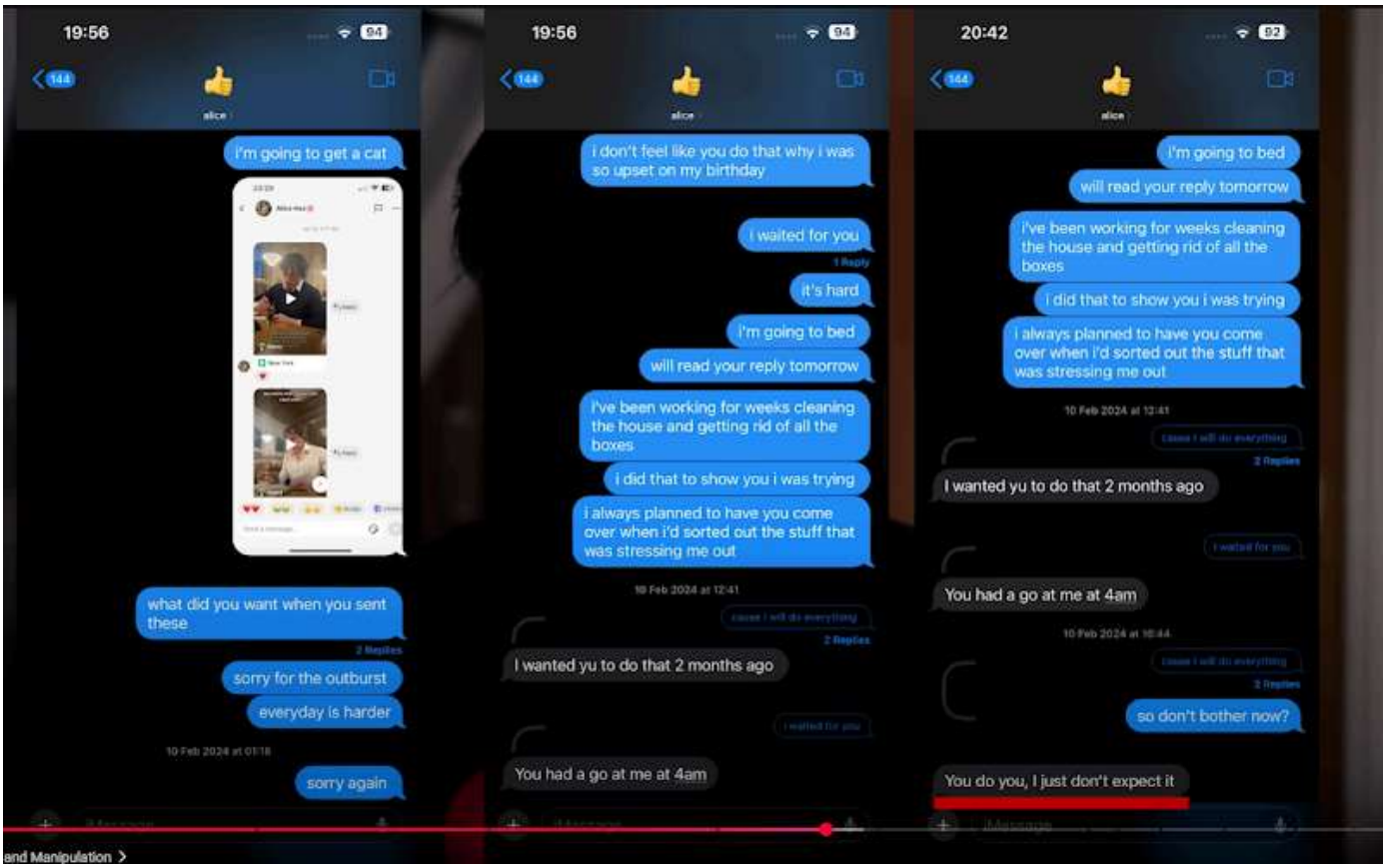
# Response - Read First




The text messages are from days after me leaving and moving out where I left my teddy at his. The tiktoks are from January where he was still trying to fix things with me.
A tiktok is not manipulating someone to do something. I never blackmail him into doing this. He was telling me he would send my bear back to me. I say “might as well do it all if you do” as i had many other things still left at the house and that is what he has now manipulated out of context, the messages are in this document of the whole conversation there.

# Response - Read First


But I also wanna say I never wanted to play games with you n be on discord I wanted to actually like see you, you come to me in person but it was hard for me to actually do that, made me feel too sick and I guess I was in denial that it's too far gone. But physically for me I couldn't do anything I genuinely couldn't bring myself to but only because of the horrible arguments we had the last time I saw you, just how I feel; and I don't have my notifications on for Facebook so I didn't know you sent this many messages.
that's why i wanted to hand you the boxes
something small
but i totally get it
You don't get how I've been this whole time like you probably think I'm fine
No feelings
it's only too far gone if we think it's too far gone
No messages
i'm quite worried this borders on me harassing you
basically
No I've had to turn off all my notifications
and at a point i have to reel it in

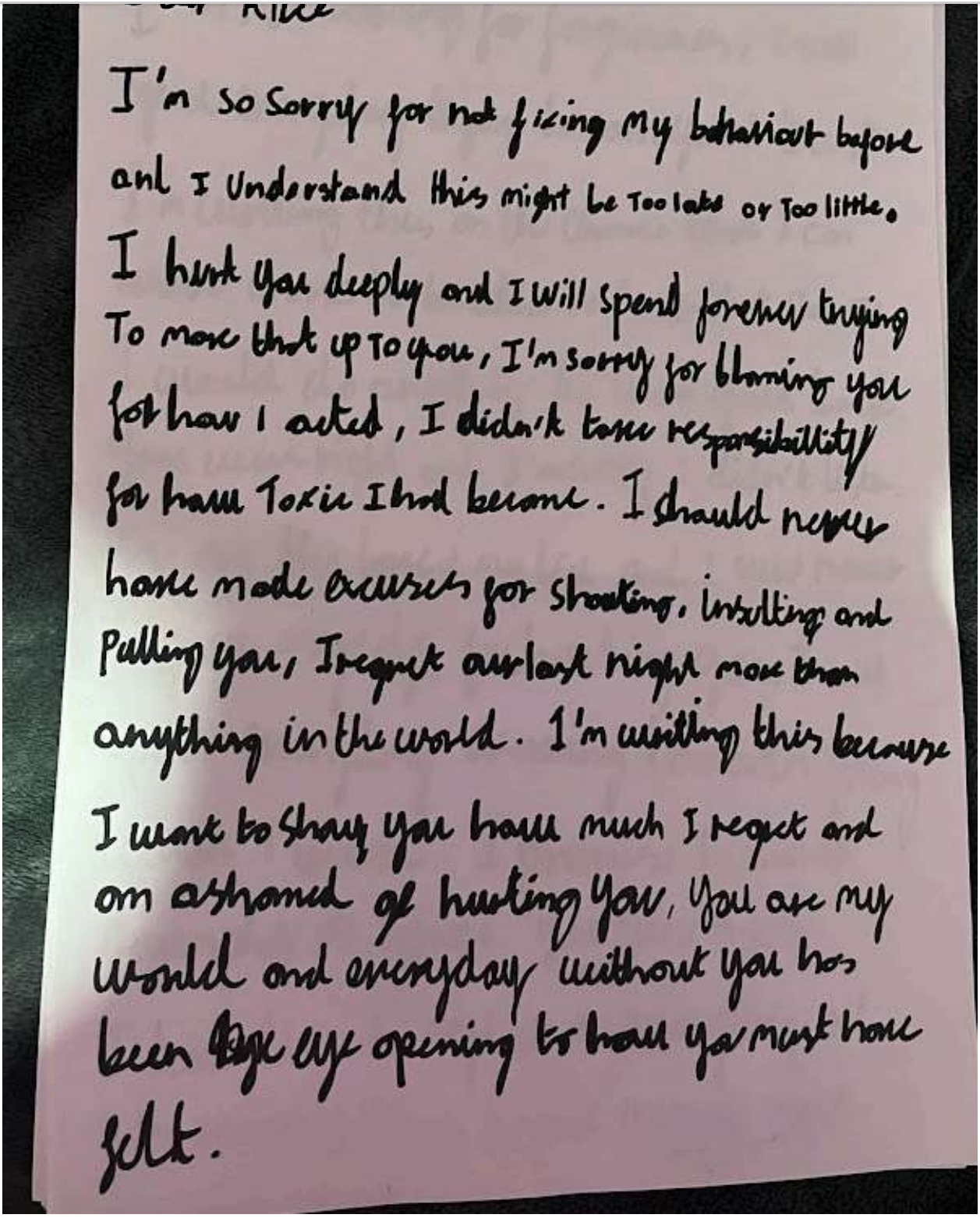

19:56
i'm going to get a cat
what did you want when you sent these
sorry for the outburst
everyday is harder
sorry again
19:56
i don't feel like you do that why i was so upset on my birthday
I waited for you
it's hard
i'm going to bed
will read your reply tomorrow
I've been working for weeks cleaning the house and getting rid of all the boxes
i did that to show you i was trying
i always planned to have you come over when i'd sorted out the stuff that was stressing me out
I wanted yu to do that 2 months ago
You had a go at me at 4am
20:42
i'm going to bed
will read your reply tomorrow
I've been working for weeks cleaning the house and getting rid of all the boxes
i did that to show you i was trying
i always planned to have you come over when i'd sorted out the stuff that was stressing me out
I wanted yu to do that 2 months ago
You had a go at me at 4am
so don't bother now?
You do you, I just don't expect it
and Manipulation

He brings up the tiktoks i sent him the month before, nowhere am i telling him to confess everything in a letter or manipulating him. He just proves himself groveling to get back with me in his own screenshot.

# Response - Read First

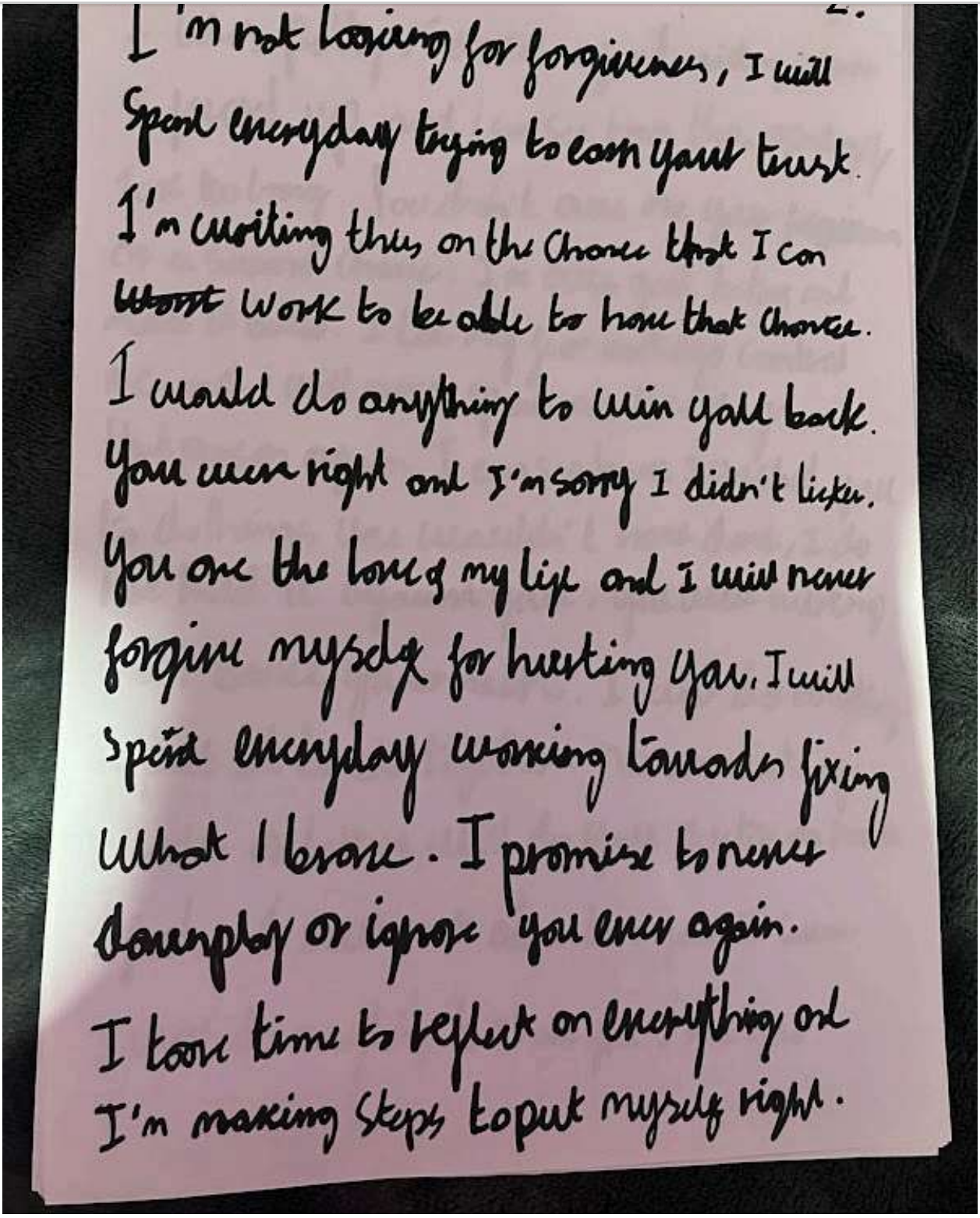
house, and the box of things he left at my door that smelt of his aftershave was the teddy, onesie and figure I was asking for back. He included his own hoodie, letter and other bits I didn't really need back in this box and did not ask for. The flowers he sent were not asked for, the multiple teddys he sent were not asked for. He kept trying to meet me when this was going on, asking me to come pick up the box from him and I do not want to do this. I never accused Alex of stealing my things.
On top of this claim I did not use the letter to paint the picture of harassing it was what was in the letter that he wrote, admitting to going to the things he did.
I only included a few pages of this letter, and now I will show the whole letter.

# Response - Read First

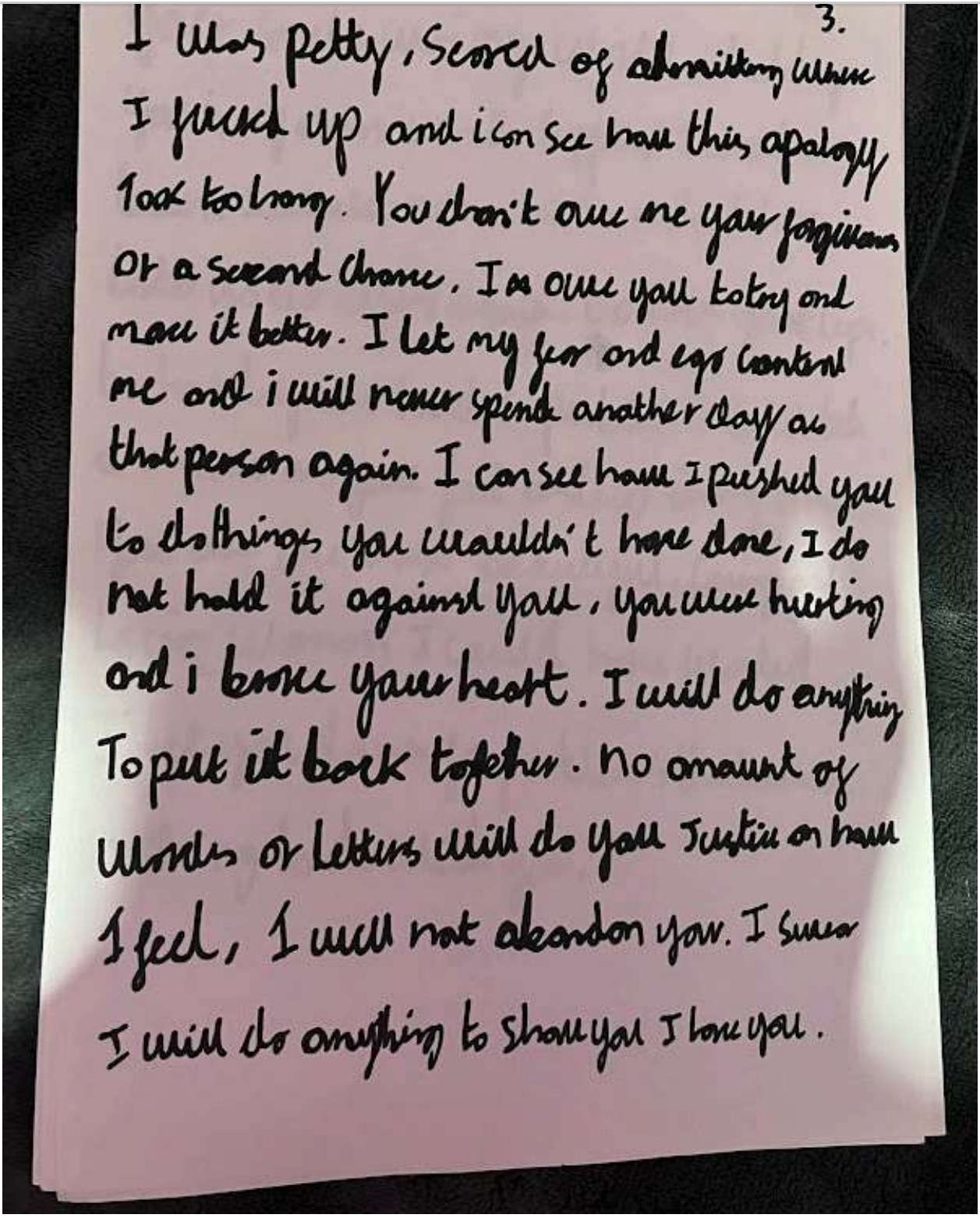


I'm so sorry for not fixing my behaviour before and I understand this might be too late or too little. I hurt you deeply and I will spend forever trying To make that up to you, I'm sorry for blaming you for how I acted, I didn't take responsibility for how Toxic I had become. I should never have made excuses for shouting, insulting and pulling you, I regret our last night more than anything in the world. I'm writing this because I want to show you how much I regret and am ashamed of hurting you, You are my world and everyday without you has been the eye opening to how you must have felt.

# Response - Read First


I'm not looking for forgiveness, I will
Spend everyday trying to earn your trust.
I'm writing this on the chance that I can
~~Worst~~ work to be able to have that chance.
I would do anything to win yall back.
You were right and I'm sorry I didn't listen.
You are the love of my life and I will never
forgive myself for hurting you. I will
spend everyday working towards fixing
What I broke. I promise to never
downplay or ignore you ever again.
I took time to reflect on everything and
I'm making steps to put myself right.

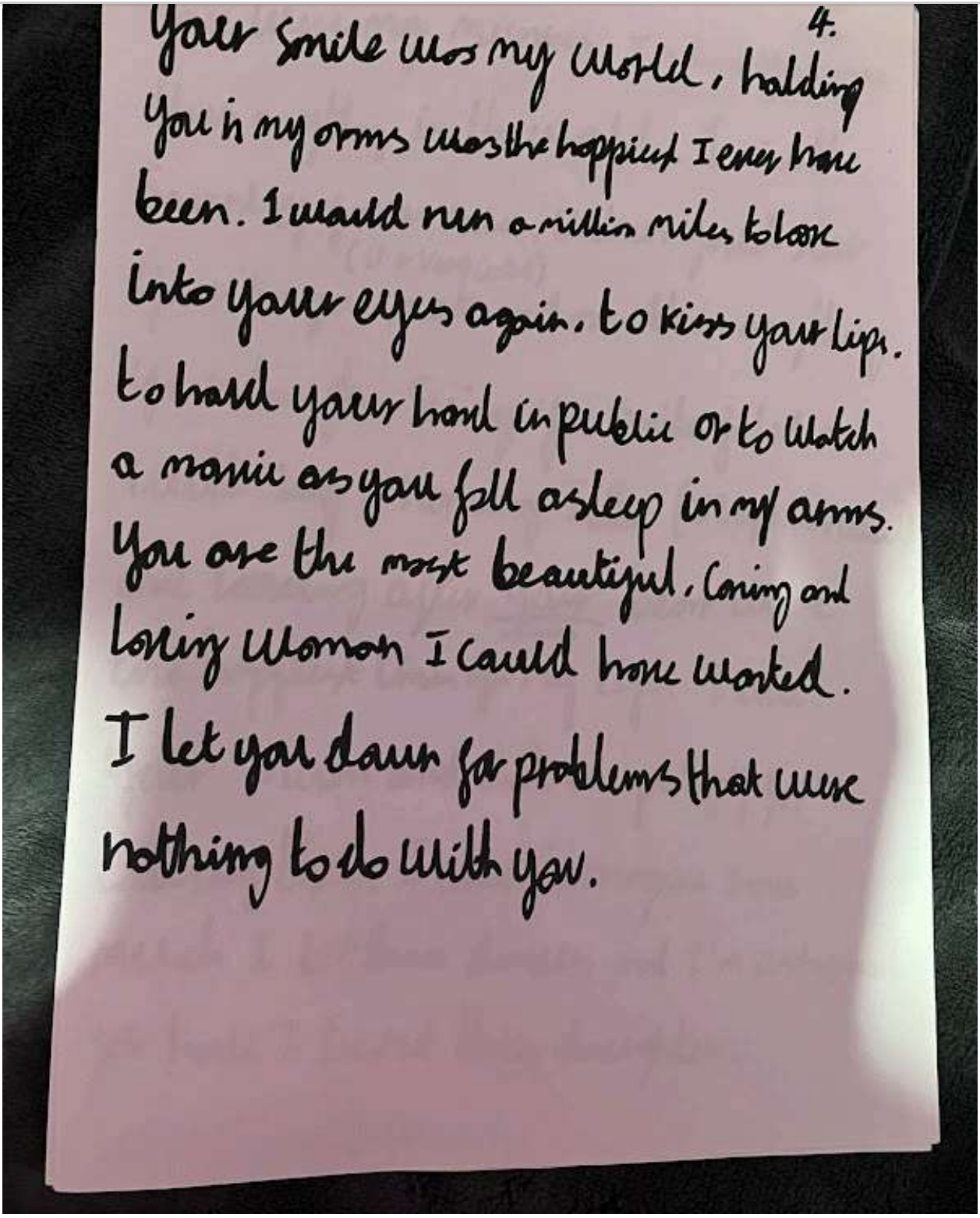
# Response - Read First



3.

I was petty, scared of abandonment when I fucked up and i can see how this apology took too long. You don't owe me your forgiveness or a second chance. I do owe you to try and make it better. I let my fear and ego control me and i will never speak another day as that person again. I can see how I pushed you to do things you wouldn't have done, I do not hold it against you, you were hurting and i broke your heart. I will do anything To put it back together. no amount of words or letters will do you justice on how I feel, I will not abandon you. I swear I will do anything to show you I love you.

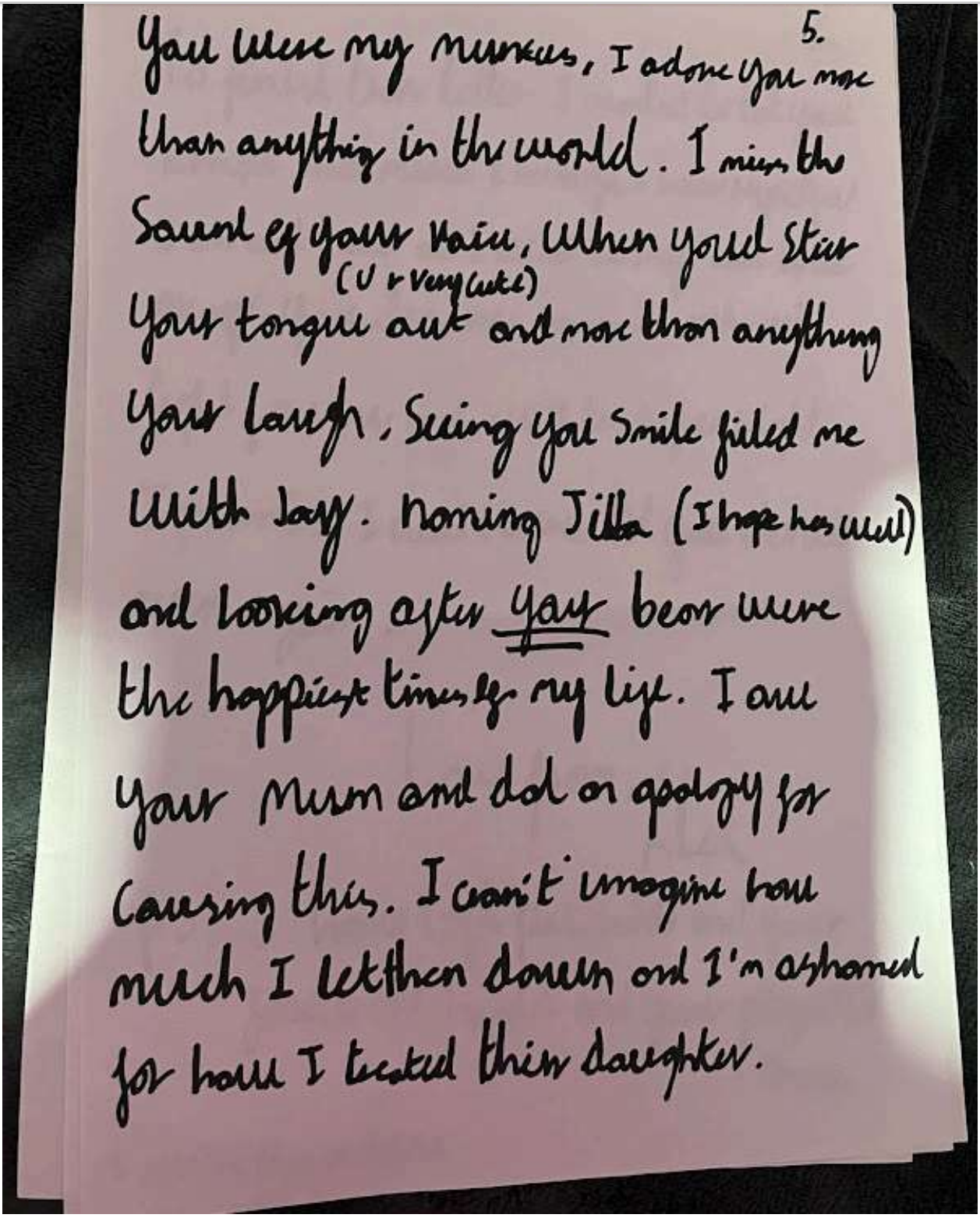
# Response - Read First



4.

Your smile was my world, holding
you in my arms was the happiest I ever have
been. I would run a million miles to look
into your eyes again, to kiss your lips.
to hold your hand in public or to watch
a movie as you fell asleep in my arms.
You are the most beautiful, caring and
loving woman I could have worked.
I let you down for problems that were
nothing to do with you.

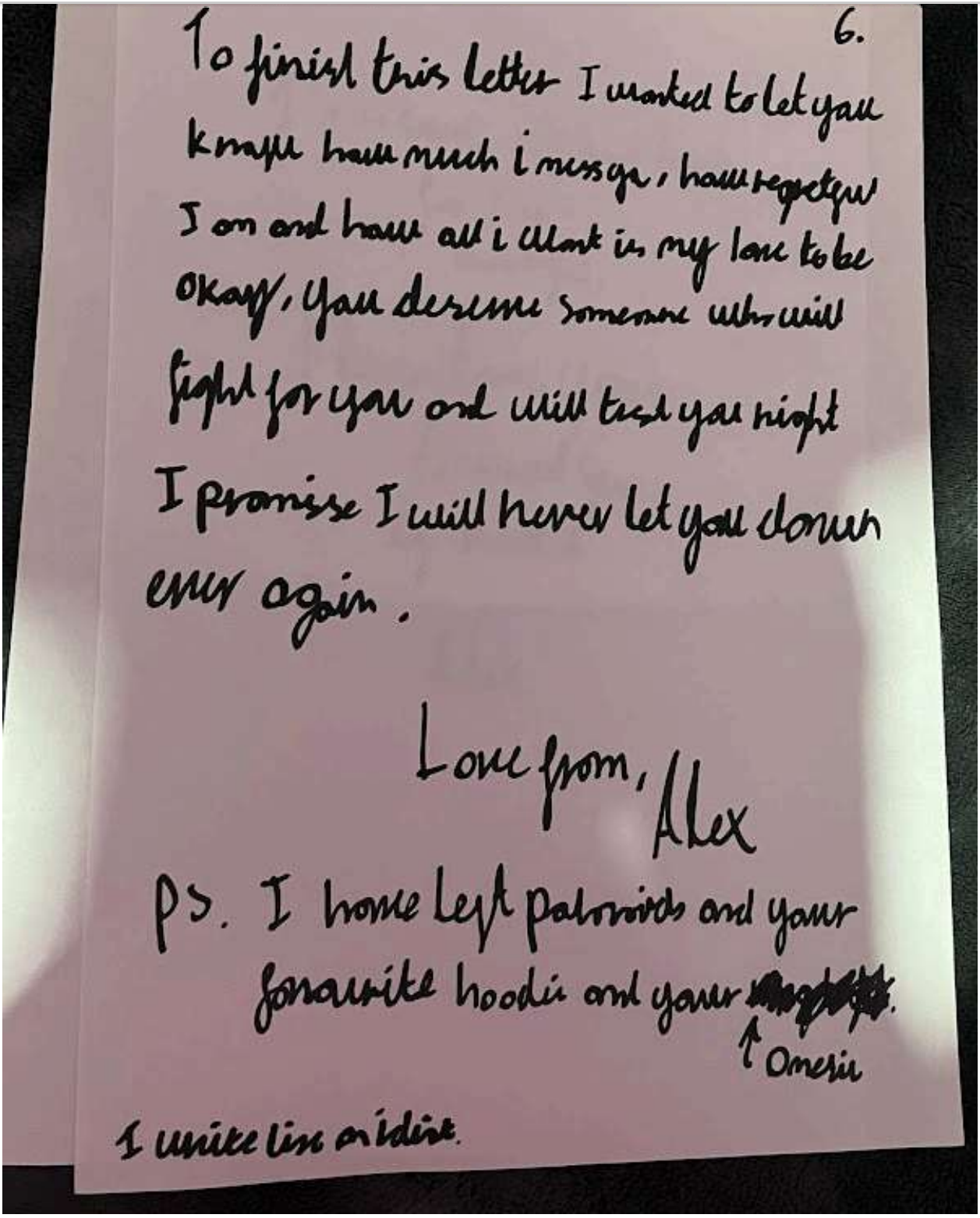
# Response - Read First



5.

You were my princess, I adore you more than anything in the world. I miss the sound of your voice, when you'd stir (U r very cute) your tongue out and more than anything your laugh, seeing you smile filled me with joy. Naming Jilla (I hope he's well) and looking after you bear were the happiest times of my life. I am your mum and dad an apology for causing this. I can't imagine how much I let them down and I'm ashamed for how I treated their daughter.

# Response - Read First



6.

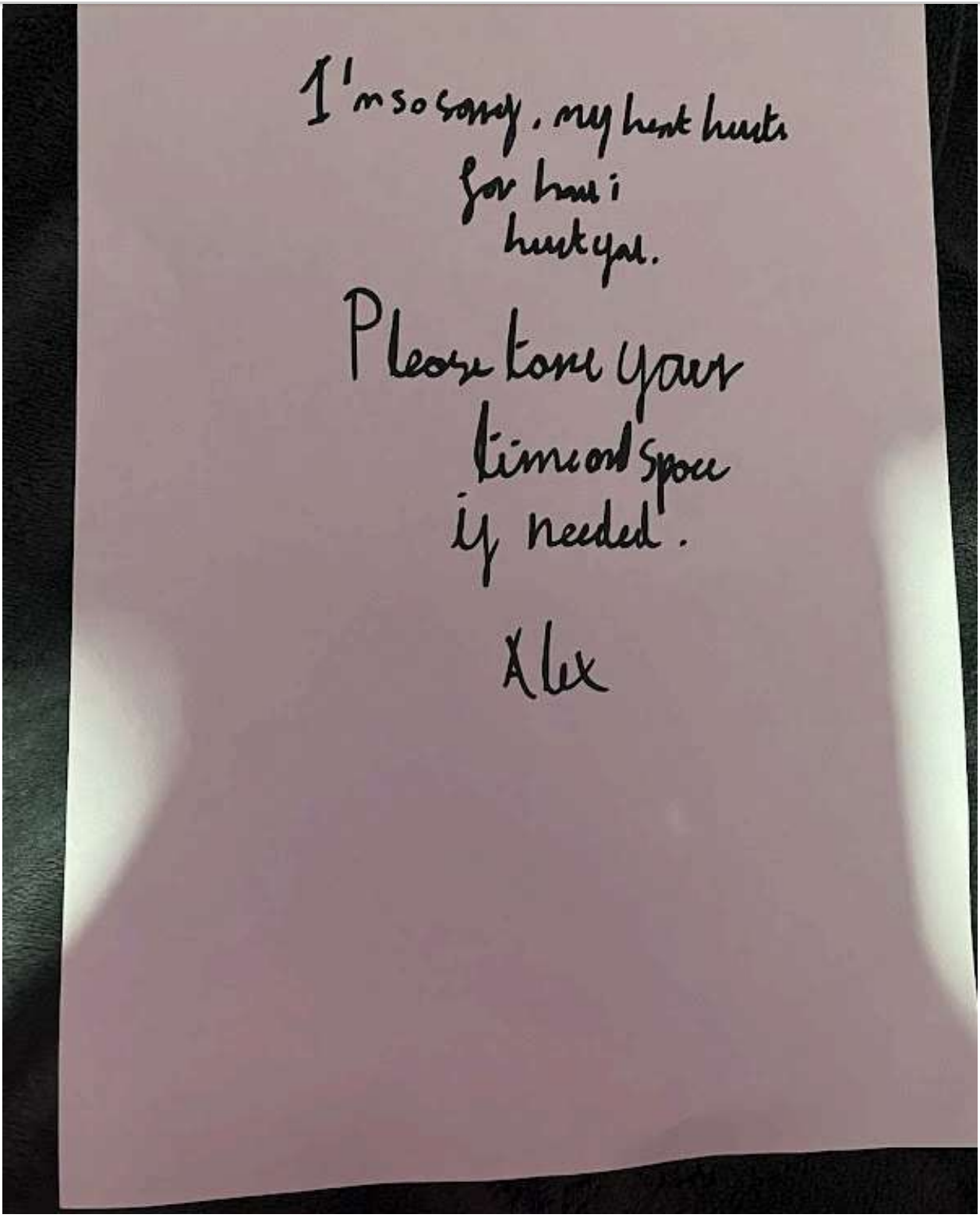
To finish this letter I wanted to let you know how much I missed, how regretful I am and how all I want is my love to be okay. You deserve someone who will fight for you and will text you right I promise I will never let you down ever again.

Love from, Alex

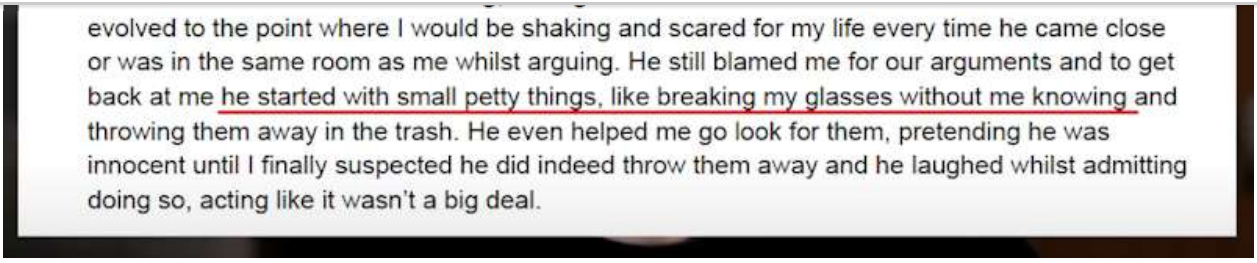
ps. I have left polaroids and your favourite hoodie and your [redacted]. ↑ Onesie

I miss his smile.

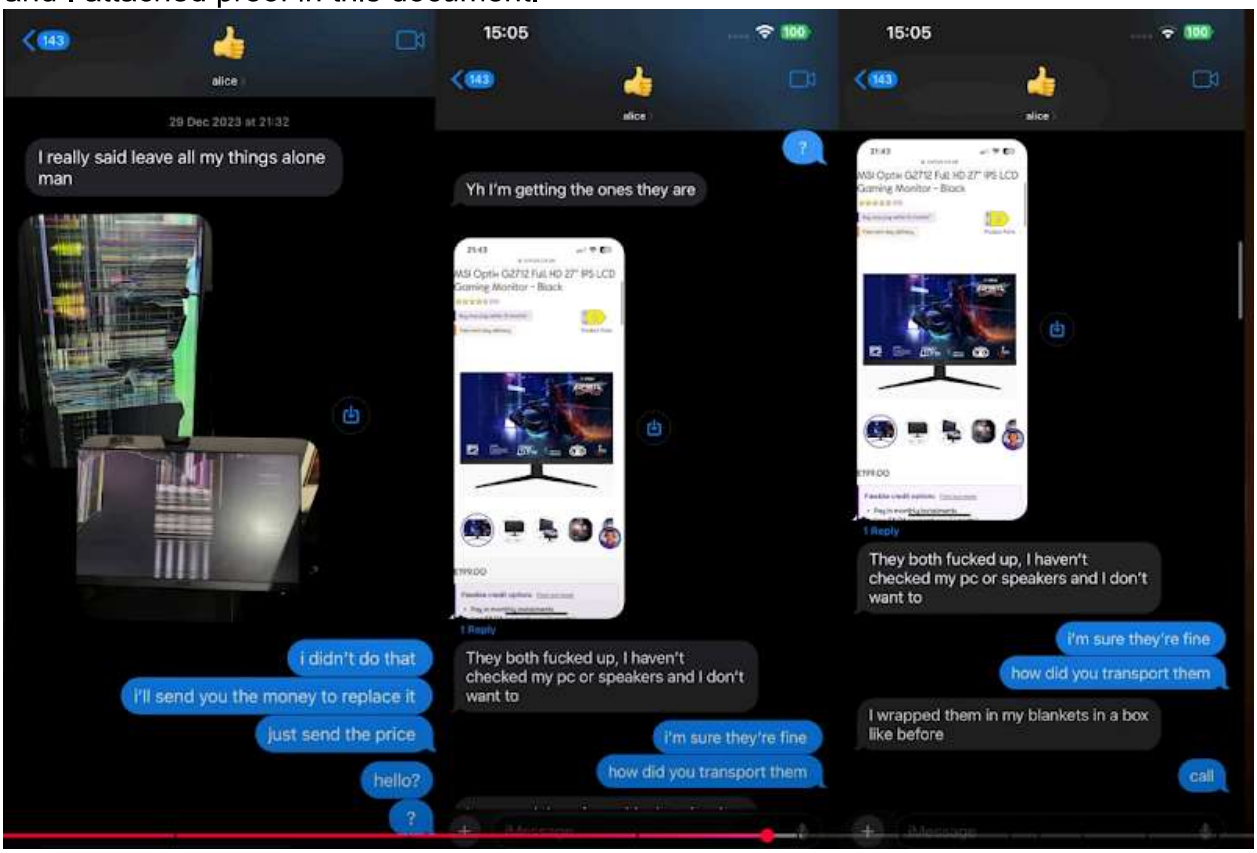
# Response - Read First



# Response - Read First

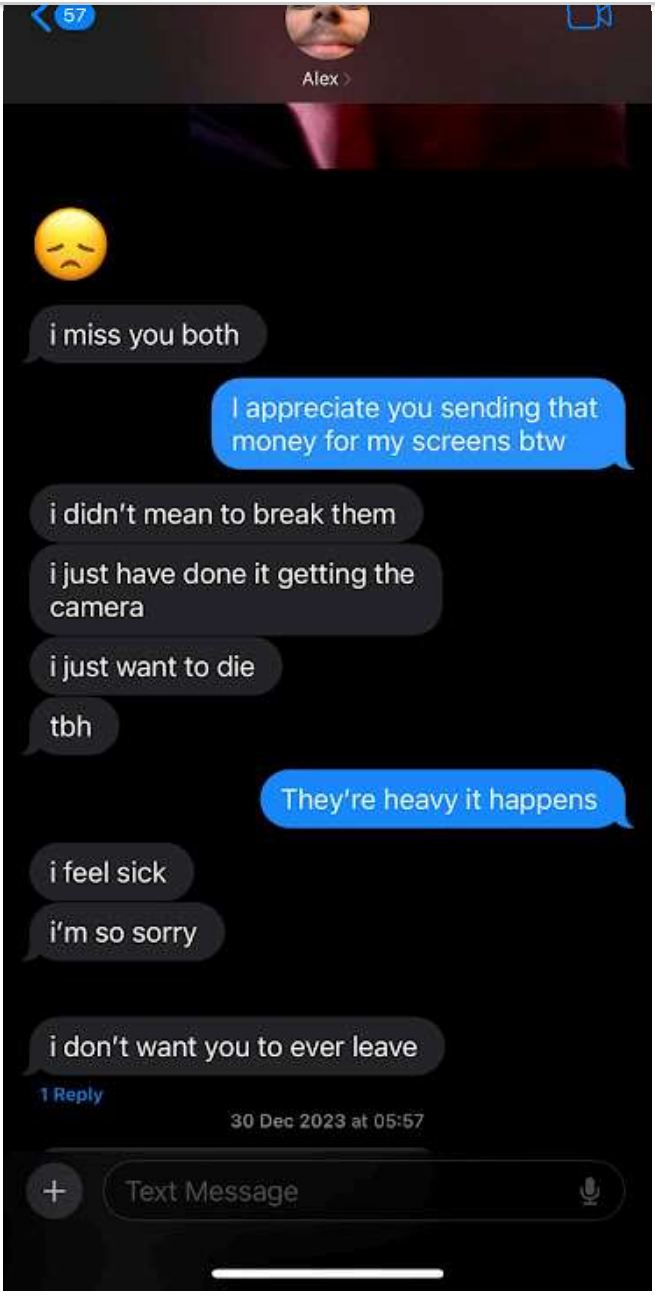

evolved to the point where I would be shaking and scared for my life every time he came close or was in the same room as me whilst arguing. He still blamed me for our arguments and to get back at me he started with small petty things, like breaking my glasses without me knowing and throwing them away in the trash. He even helped me go look for them, pretending he was innocent until I finally suspected he did indeed throw them away and he laughed whilst admitting doing so, acting like it wasn't a big deal.

He claims again this was a lie, and says he broke nothing of mine during our relationship. This is a lie and I attached proof in this document.


alice
29 Dec 2023 at 21:32
I really said leave all my things alone man
i didn't do that
i'll send you the money to replace it
just send the price
hello?
?
15:05
alice
Yh I'm getting the ones they are
They both fucked up, I haven't checked my pc or speakers and I don't want to
i'm sure they're fine
how did you transport them
15:05
alice
They both fucked up, I haven't checked my pc or speakers and I don't want to
i'm sure they're fine
how did you transport them
I wrapped them in my blankets in a box like before
call

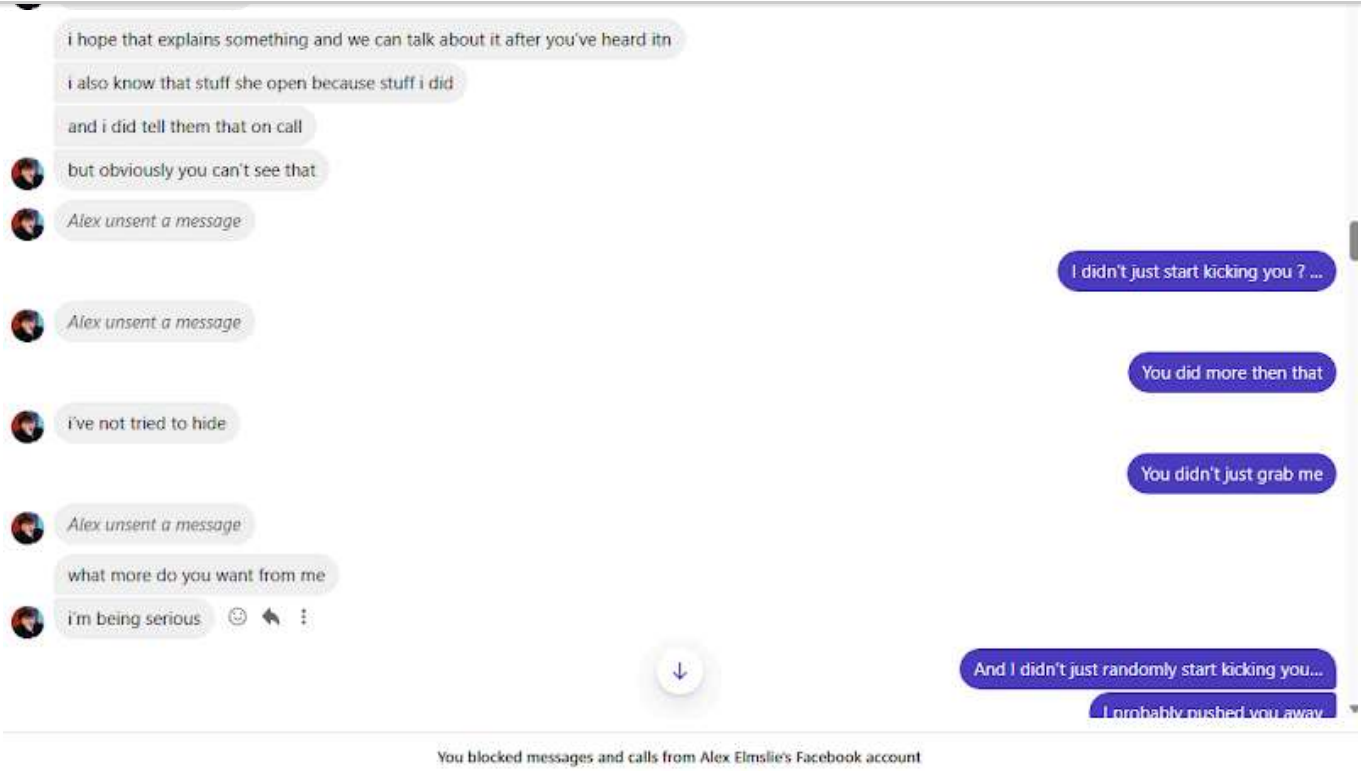
He says this was a few days after leaving, when this was actually the day after picking up all of my things. He claims I threatened police after he said he never wants to talk to me. This is a lie, the police were threatened after he threatened to damage my belongings as I proved in this document.

# Response - Read First

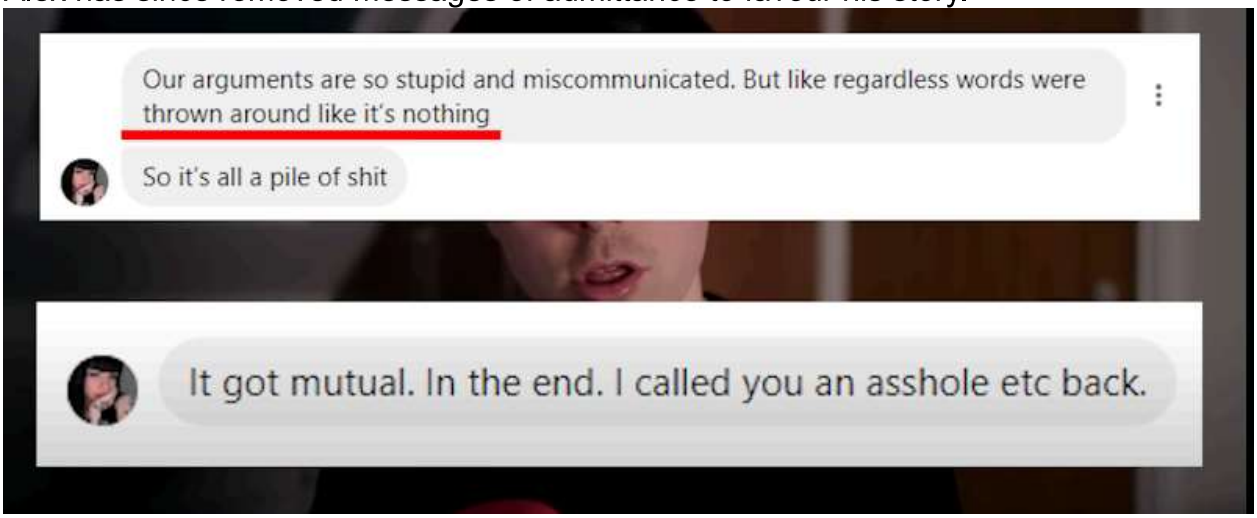

57
Alex
i miss you both
I appreciate you sending that money for my screens btw
i didn't mean to break them
i just have done it getting the camera
i just want to die
tbh
They're heavy it happens
i feel sick
i'm so sorry
i don't want you to ever leave
1 Reply
30 Dec 2023 at 05:57
Text Message

He lied in his video, and did break my things. I forgave him as he replaced them. His story doesn't and never did add up to me as I went to pick it all up from the house, the office was upside down and everything including my monitors were on the floor so I knew he broke them, and he admits to breaking them.

# Response - Read First

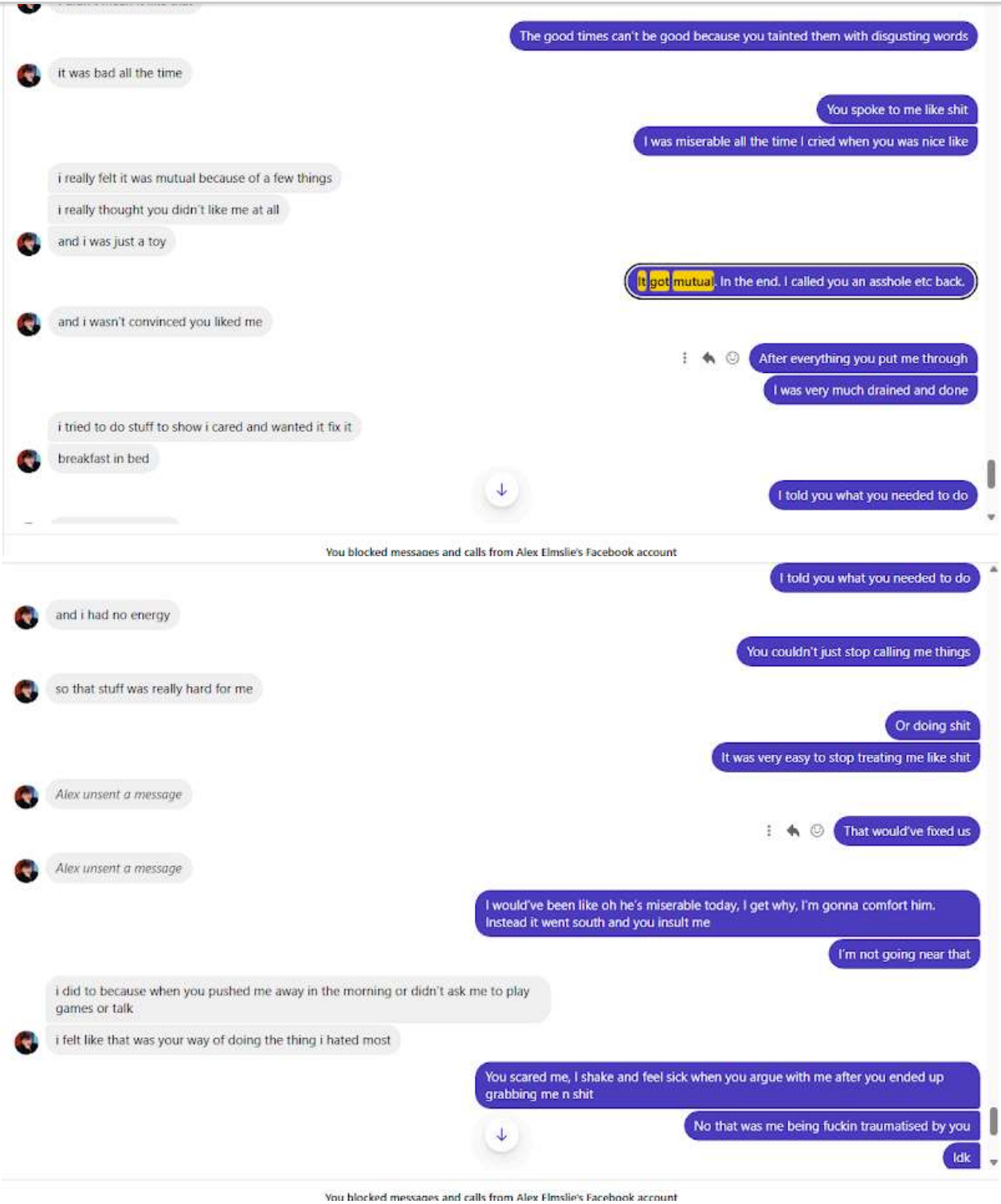

i hope that explains something and we can talk about it after you've heard itn
i also know that stuff she open because stuff i did
and i did tell them that on call
but obviously you can't see that
Alex unsent a message
I didn't just start kicking you ? ...
Alex unsent a message
You did more then that
i've not tried to hide
You didn't just grab me
Alex unsent a message
what more do you want from me
i'm being serious
And I didn't just randomly start kicking you...
You blocked messages and calls from Alex Elmslie's Facebook account

Alex has since removed messages of admittance to favour his story.

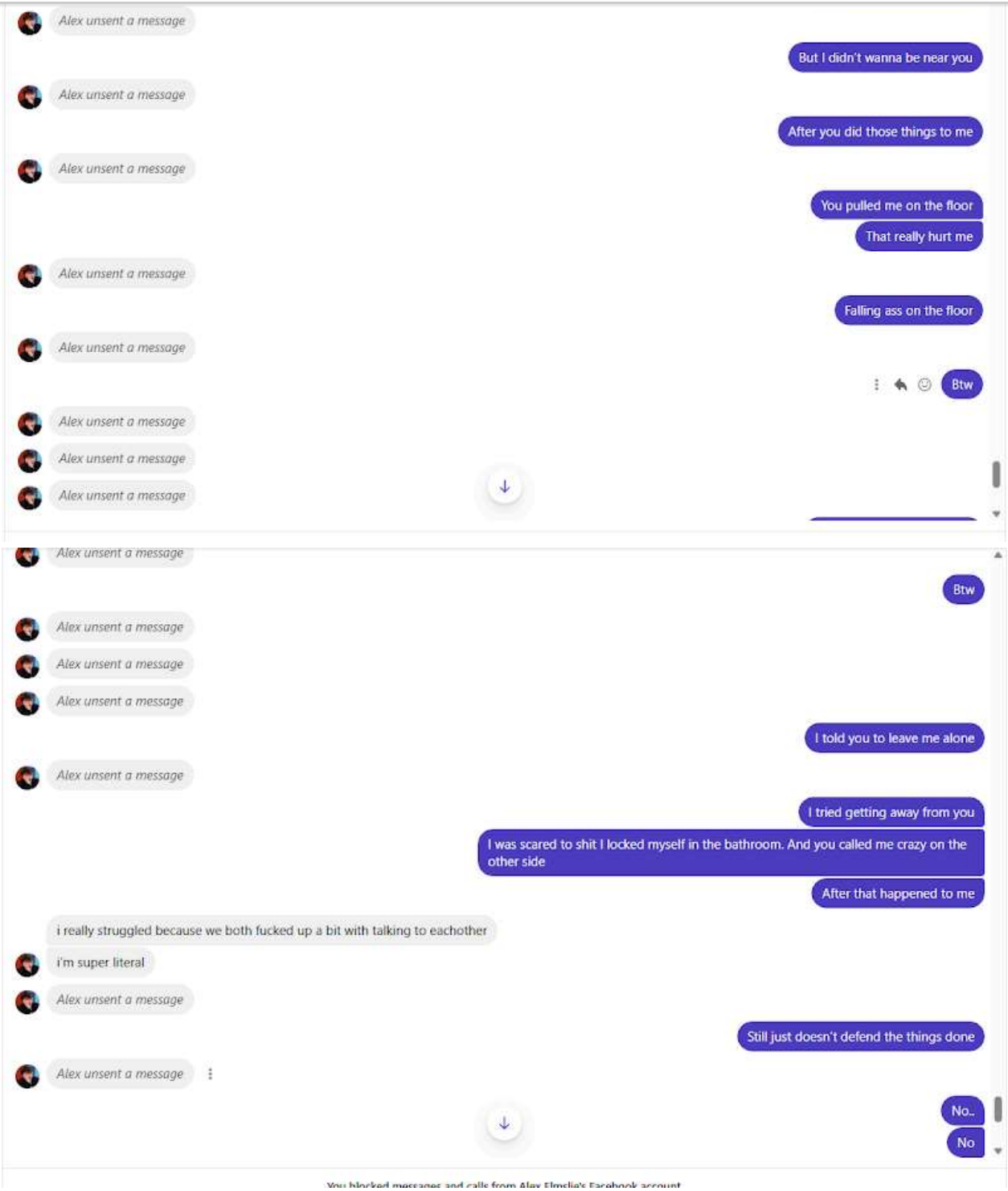

Our arguments are so stupid and miscommunicated. But like regardless words were thrown around like it's nothing
So it's all a pile of shit
It got mutual. In the end. I called you an asshole etc back.

Not showing the context of this conversation. This is just me admitting that my language back to Alex was toxic and the toxicity became mutual.

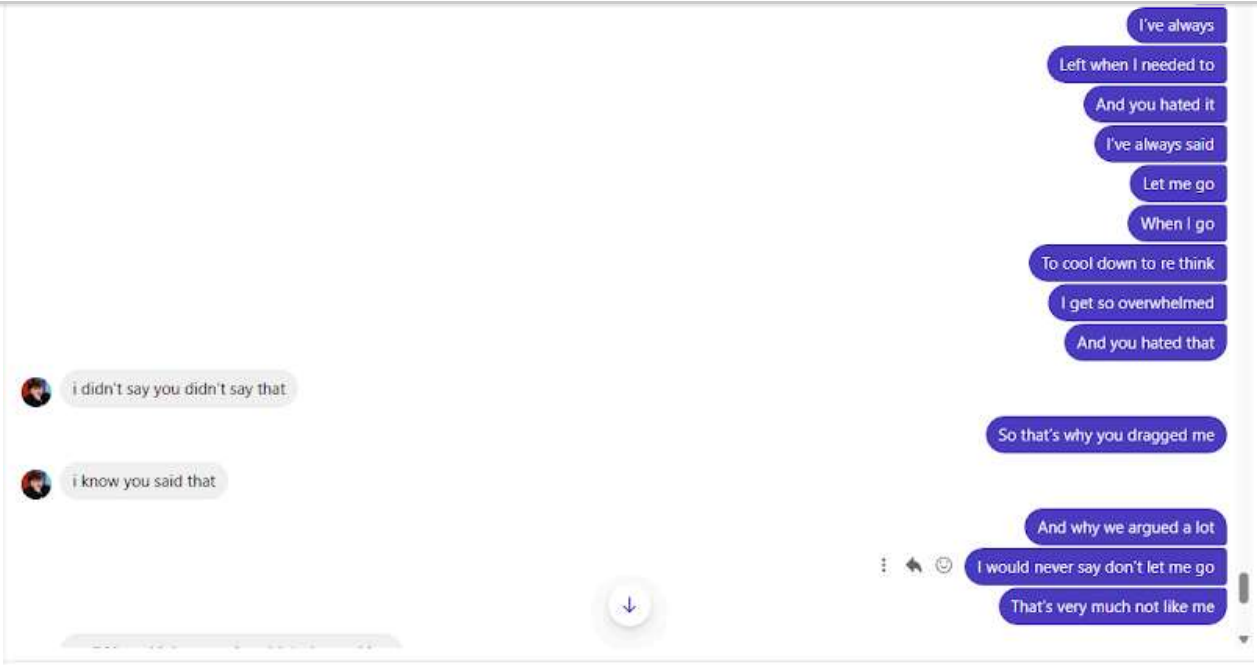
# Response - Read First

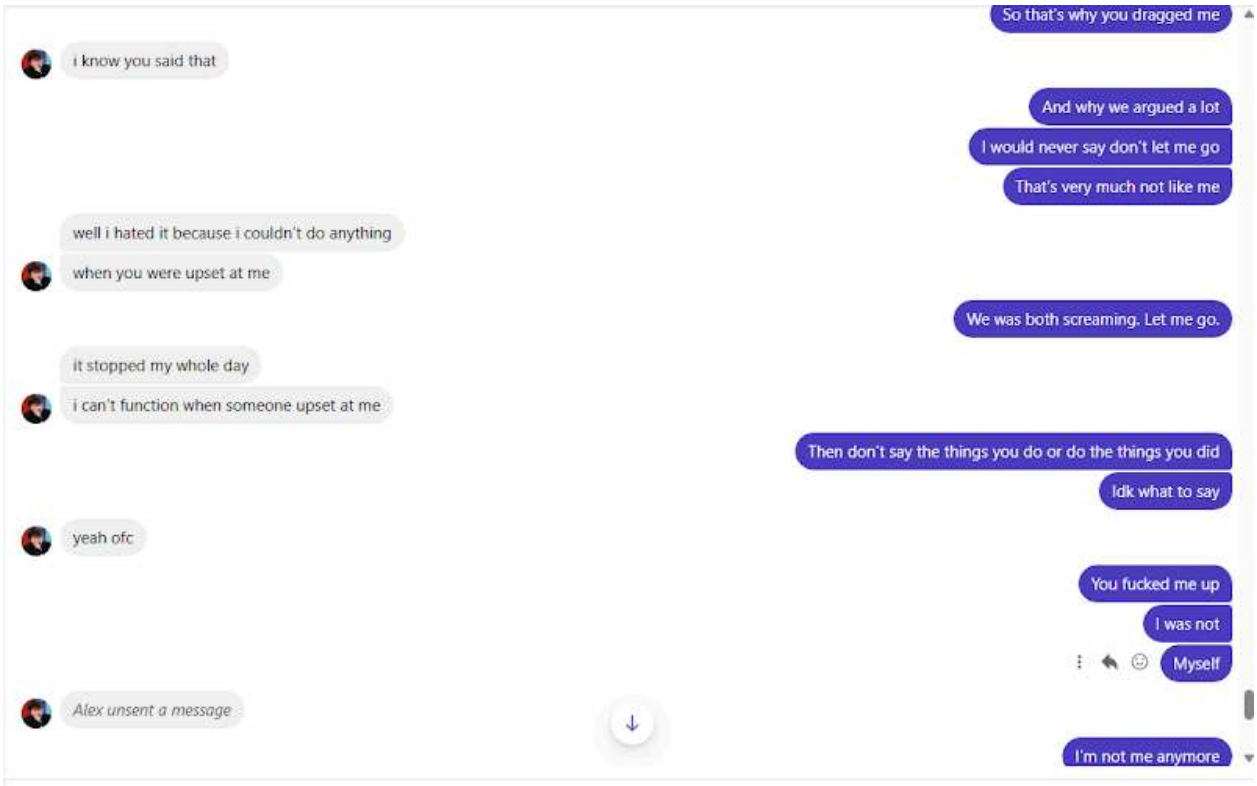

The good times can't be good because you tainted them with disgusting words
it was bad all the time
You spoke to me like shit
I was miserable all the time I cried when you was nice like
i really felt it was mutual because of a few things
i really thought you didn't like me at all
and i was just a toy
It got mutual. In the end. I called you an asshole etc back.
and i wasn't convinced you liked me
After everything you put me through
I was very much drained and done
i tried to do stuff to show i cared and wanted it fix it
breakfast in bed
I told you what you needed to do
You blocked messages and calls from Alex Elmslie's Facebook account
I told you what you needed to do
and i had no energy
You couldn't just stop calling me things
so that stuff was really hard for me
Or doing shit
It was very easy to stop treating me like shit
Alex unsent a message
That would've fixed us
Alex unsent a message
I would've been like oh he's miserable today, I get why, I'm gonna comfort him. Instead it went south and you insult me
I'm not going near that
i did to because when you pushed me away in the morning or didn't ask me to play games or talk
i felt like that was your way of doing the thing i hated most
You scared me, I shake and feel sick when you argue with me after you ended up grabbing me n shit
No that was me being fuckin traumatised by you
Idk
You blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First


Alex unsent a message
But I didn't wanna be near you
Alex unsent a message
After you did those things to me
Alex unsent a message
You pulled me on the floor
That really hurt me
Alex unsent a message
Falling ass on the floor
Alex unsent a message
Btw
Alex unsent a message
Alex unsent a message
Alex unsent a message
Alex unsent a message
Btw
Alex unsent a message
Alex unsent a message
Alex unsent a message
I told you to leave me alone
Alex unsent a message
I tried getting away from you
I was scared to shit I locked myself in the bathroom. And you called me crazy on the other side
After that happened to me
i really struggled because we both fucked up a bit with talking to eachother
i'm super literal
Alex unsent a message
Still just doesn't defend the things done
Alex unsent a message
No..
No
You blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First


I've always
Left when I needed to
And you hated it
I've always said
Let me go
When I go
To cool down to re think
I get so overwhelmed
And you hated that
i didn't say you didn't say that
So that's why you dragged me
i know you said that
And why we argued a lot
I would never say don't let me go
That's very much not like me


So that's why you dragged me
i know you said that
And why we argued a lot
I would never say don't let me go
That's very much not like me
well i hated it because i couldn't do anything
when you were upset at me
We was both screaming. Let me go.
it stopped my whole day
i can't function when someone upset at me
Then don't say the things you do or do the things you did
Idk what to say
yeah ofc
You fucked me up
I was not
Myself
Alex unsent a message
I'm not me anymore

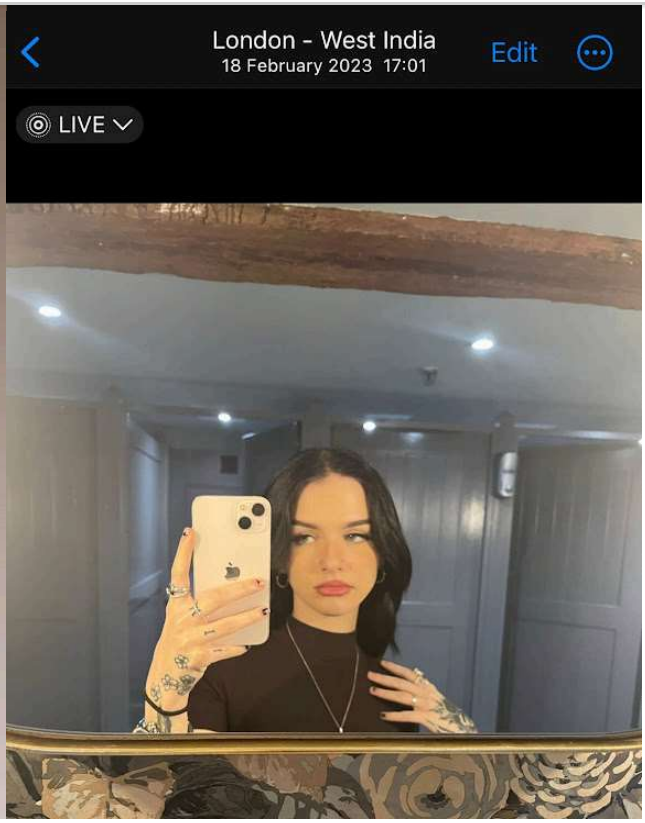
# Response - Read First

He doesnt state that this message was after arguing and a reaction. This was also after Alex had implemented this word as a power move. So yes I use it back.
This was after a whole night of arguing over me liking a tweet a fan made, he assumed the tweet meant they can treat me “better” than alex, and not what it really said saying “i can treat you right”

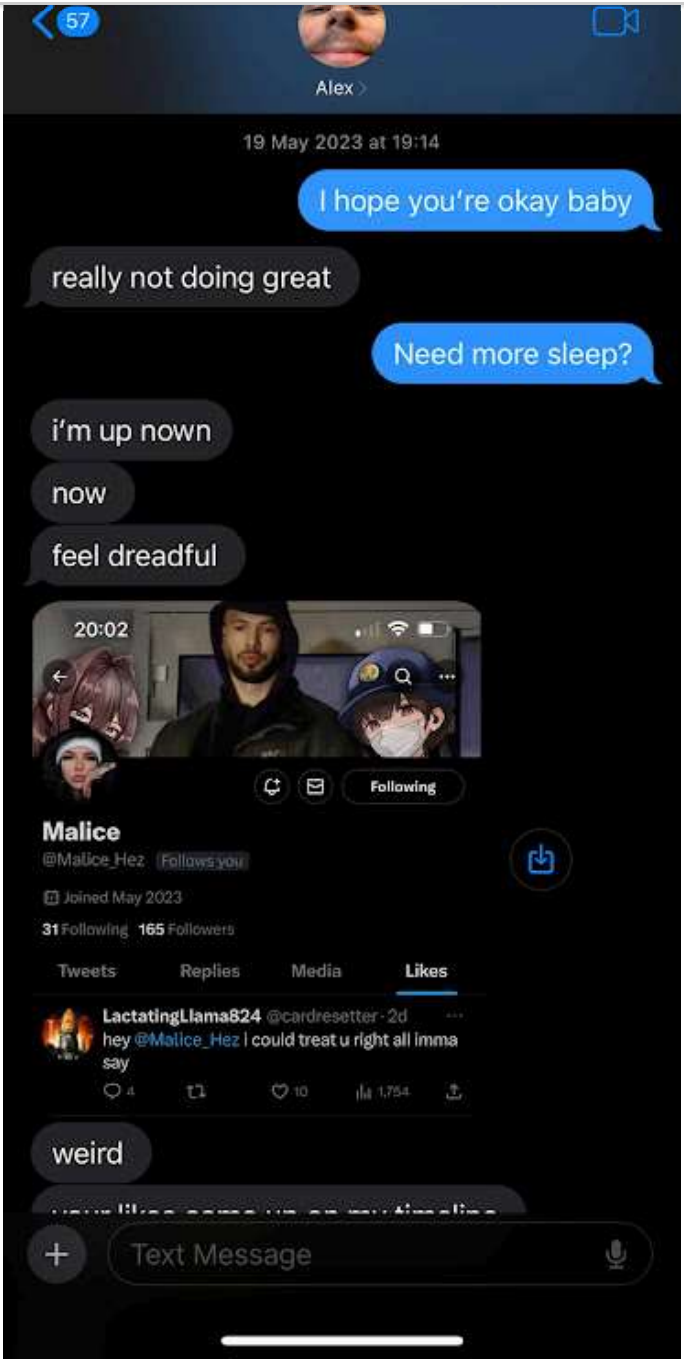
He uses this in a whole segment claiming it is cheating. This is not cheating. Liking a tweet from a fan is not cheating. I didn’t realise how much this would hurt alex, and i didnt think at the time he thought about it in a way of “treating me better than he can” but the way alex actually saw it, was he was pissed off people could see my likes, and said i would be damaging his reputation by liking this tweet that is why i refuse to give him what he wanted.
He claims this was also after our first date, the tweet incident happened on may the 19th, our first date was on the 18th of february, he is lying. It's important to know this was later into dating as the arguments were close to daily where he would do something horrible then demand an apology so yes i was very stubborn at this point.

I know the dates as I took pictures after eating, and seeing friends after, for a party.

# Response - Read First



# Response - Read First

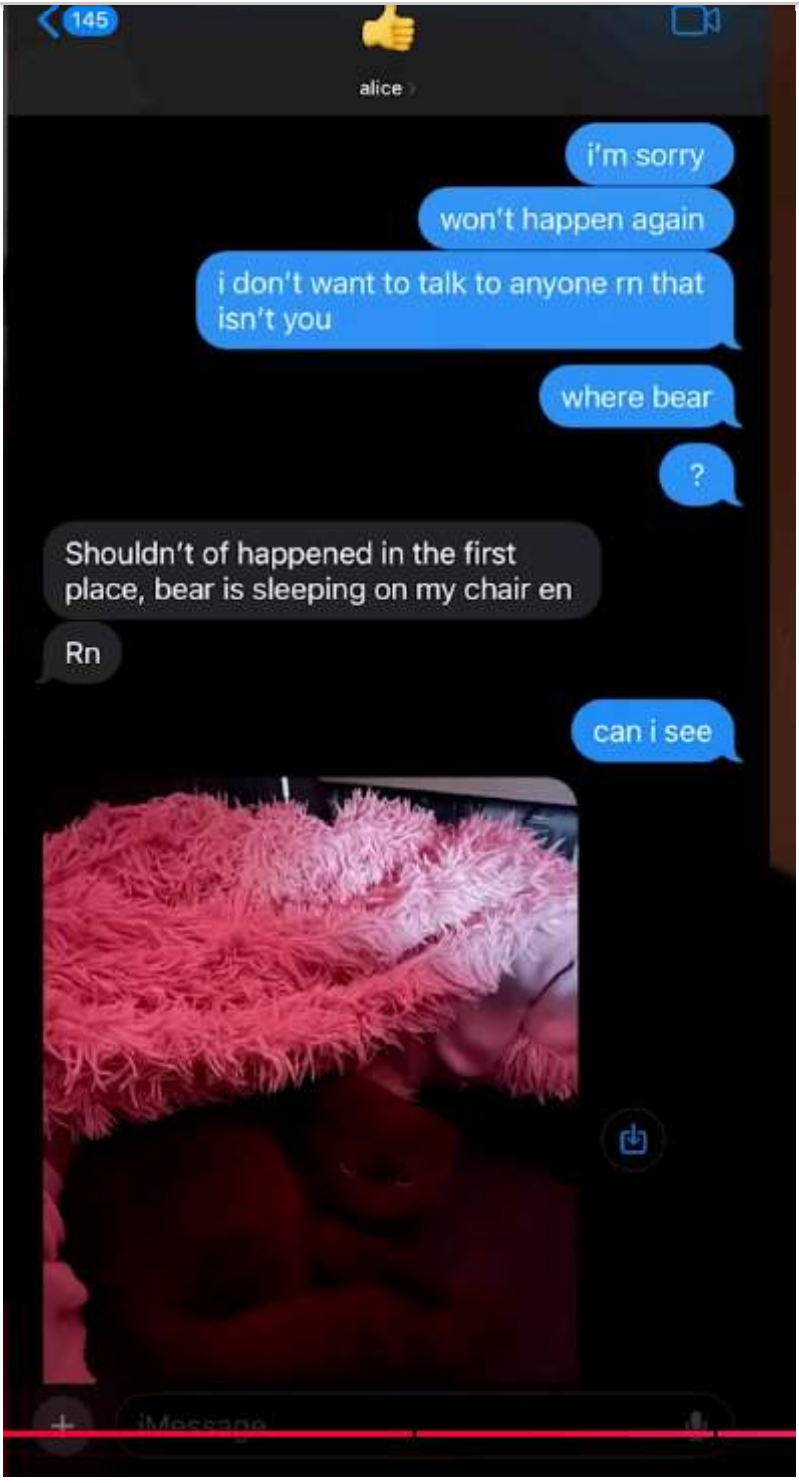



He goes on to say how me finding nudes in his phone from his ex is a lie, Alex is lying and this did happen. Not once have i mentioned cheating it is for how many people perceive it.
He claims I would come into his room to check who he's talking to daily, this is a lie.
He now says I slapped him weeks into dating as he was invited to a party in la, this again is a lie. In the document there's dates on the time I slapped him, and that was in September for verbally abusing me.
He has fabricated this whole story when the only time I ever went through his phone was when he was being shady hiding his phone from me. This situation has been explained in this document already with proof.

# Response - Read First

next to nude instagram pages and ex's, which again i didn't even go on his phone for, i simply asked him to remove them as it was a boundary, not once do i make him remove friends and never have i told someone it makes me feel good to slap them. This is a serious claim from Alex and an inconsistent one, if this happened there would be messages or some sort of evidence of this happening. He makes this sound like there were 100+ unfollows made, this isn't true. I was uncomfortable with no more than at least 5 people throughout our whole relationship and after.
He claims he reached out to a friend of his and told them i was hitting him, and that was why he never gave me his phone when i asked to see it after he was being shady, this is a lie as he actually said in the messages that he was in a discord call.
Alex has no proof of even sending his "friend" that message because it didn't happen.
He then claims id come into his room and take his phone off him to check it daily which i apparently admit to in my first document, again this is a lie. The only time I go through his phone is in this document now explained with the proof of me finding pictures of his ex.
He then claims in this story i try to take his phone out of his hands by force, again this is a lie.
I accused him of stalking his ex as that is what I saw when he gave me his phone after this all happened. Again this has all been put in this document already. I'm just calling out his lies in the order of this video he has made, he recycles a lot so I'm sorry this is repetitive.
He then claims after I try taking his phone I "push" him, this is a lie.

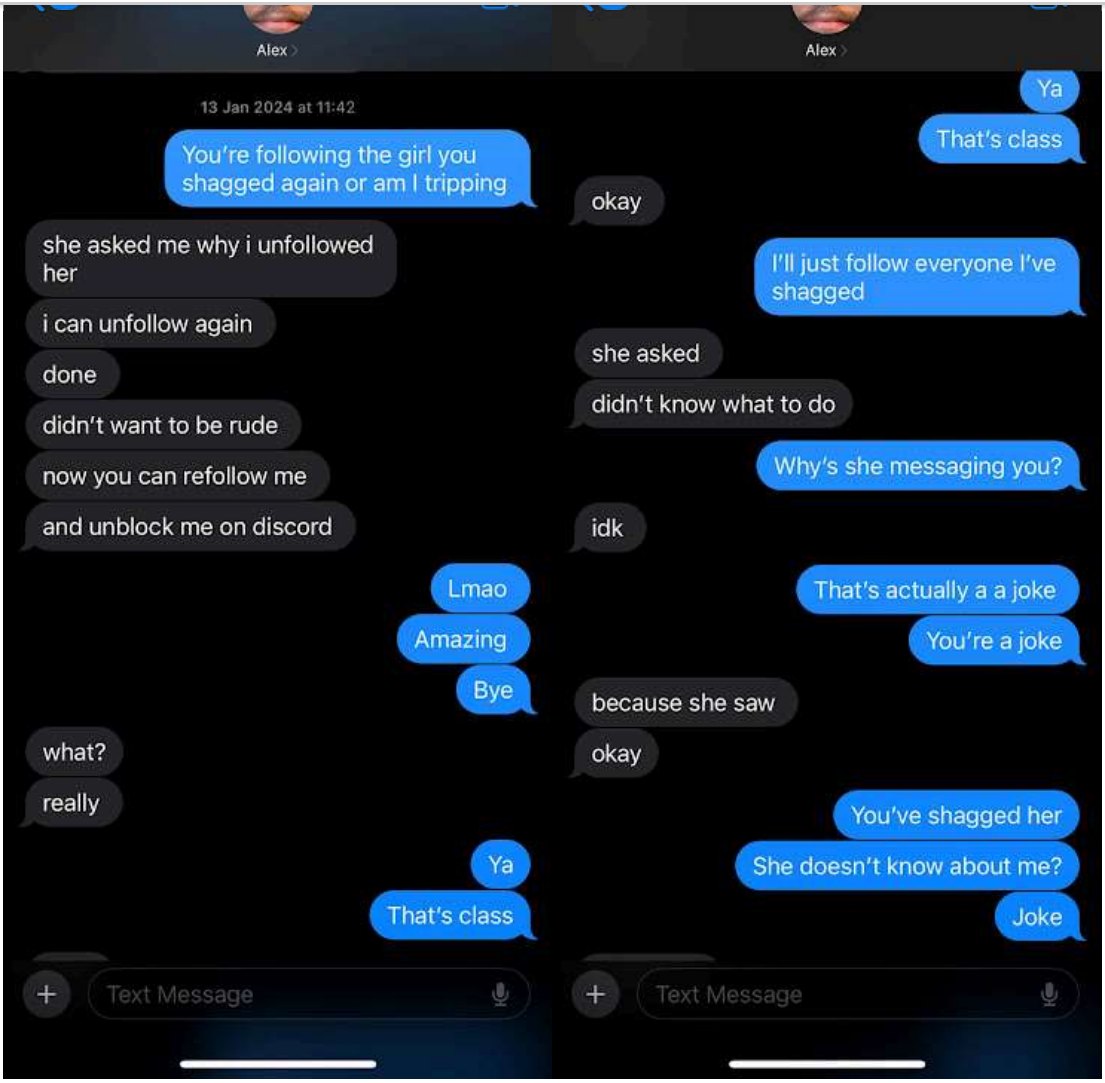
# Response - Read First



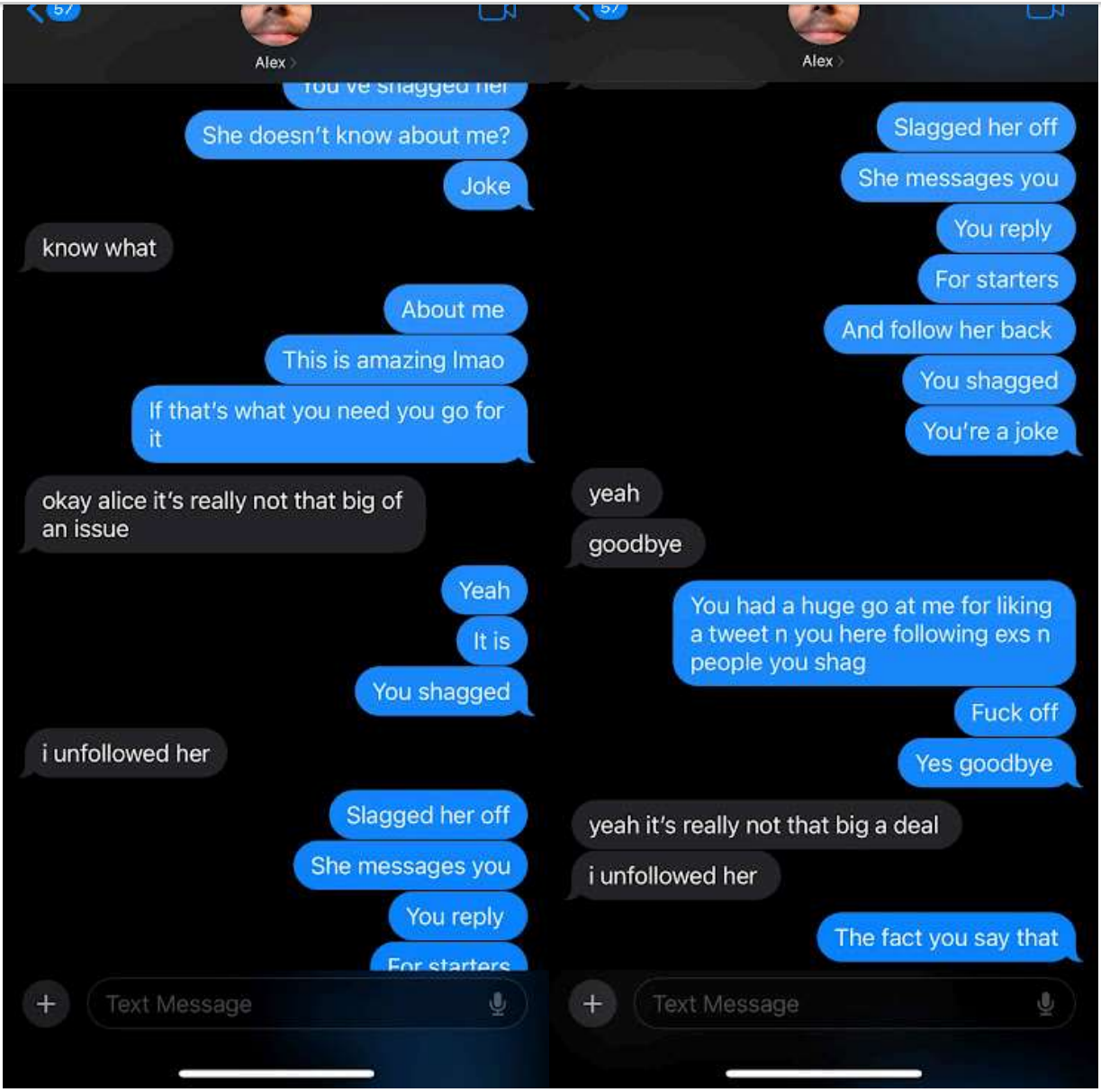

He uses this without any context again.

He says I threatened to hit him if he didn't hand over his phone yet we were in two completely different cities.
The context to this screenshot is after i left him and i found him following the girl he slept with while trying to still fix things. Here is the conversation.
Not once do I threaten to hit him as he claims so much in this video.

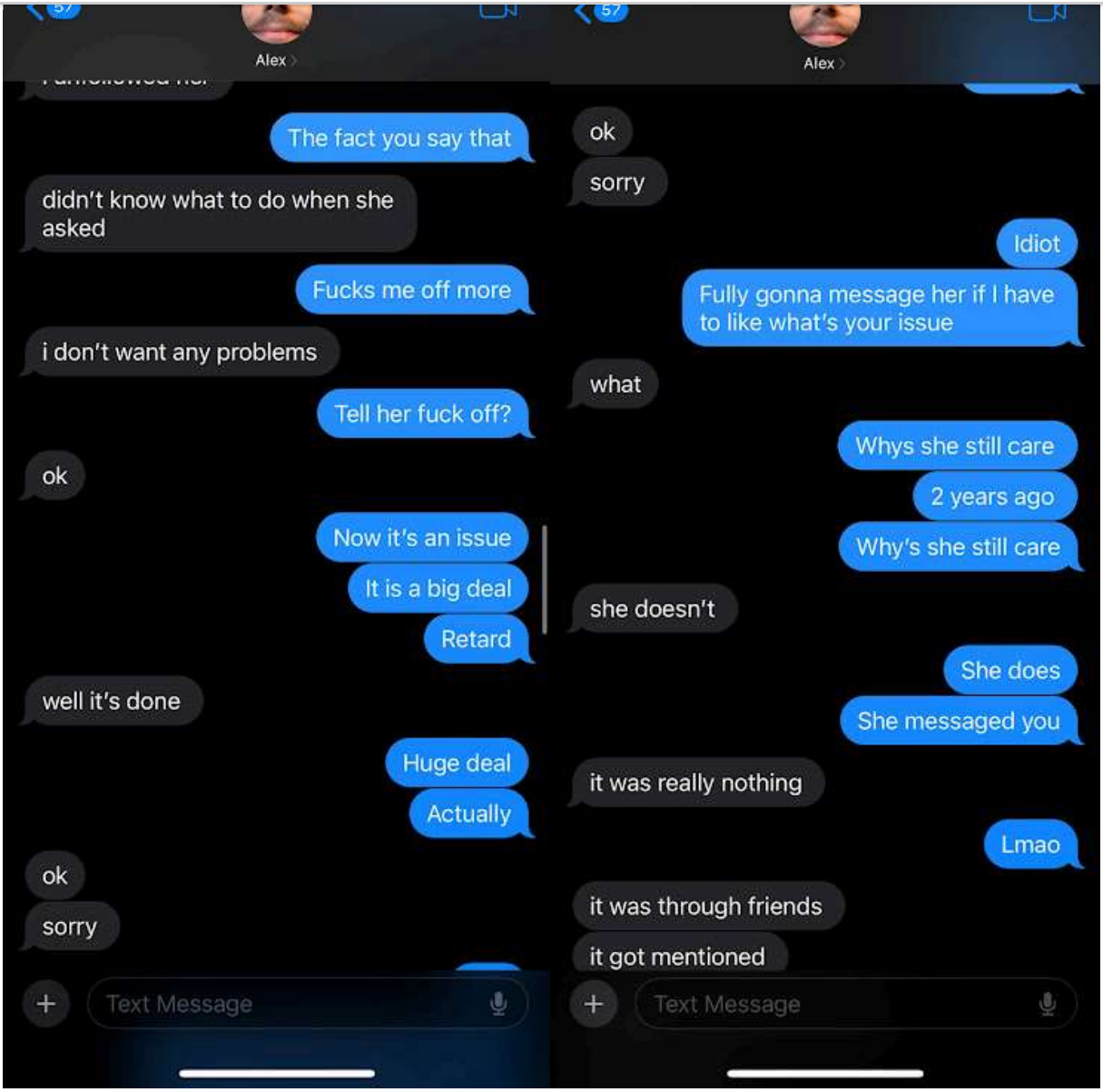
# Response - Read First



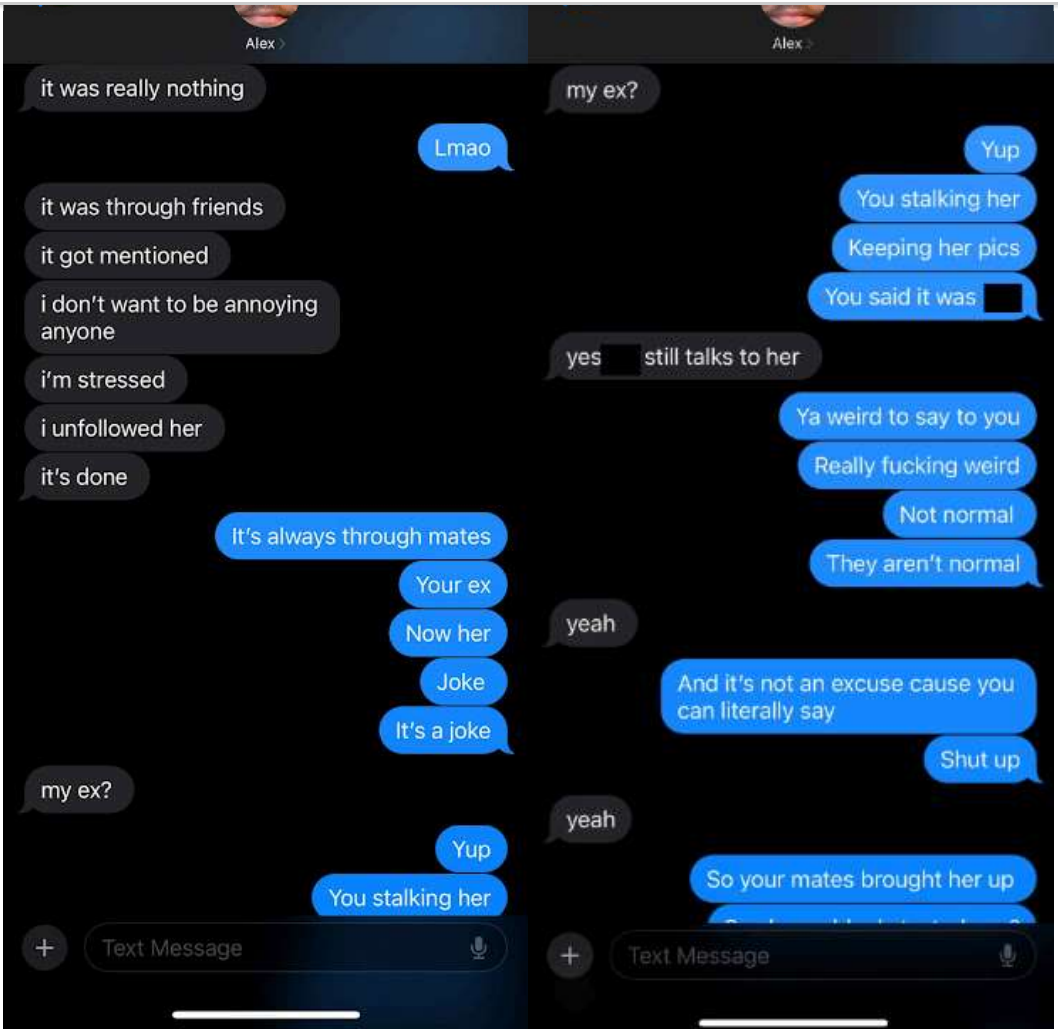
# Response - Read First



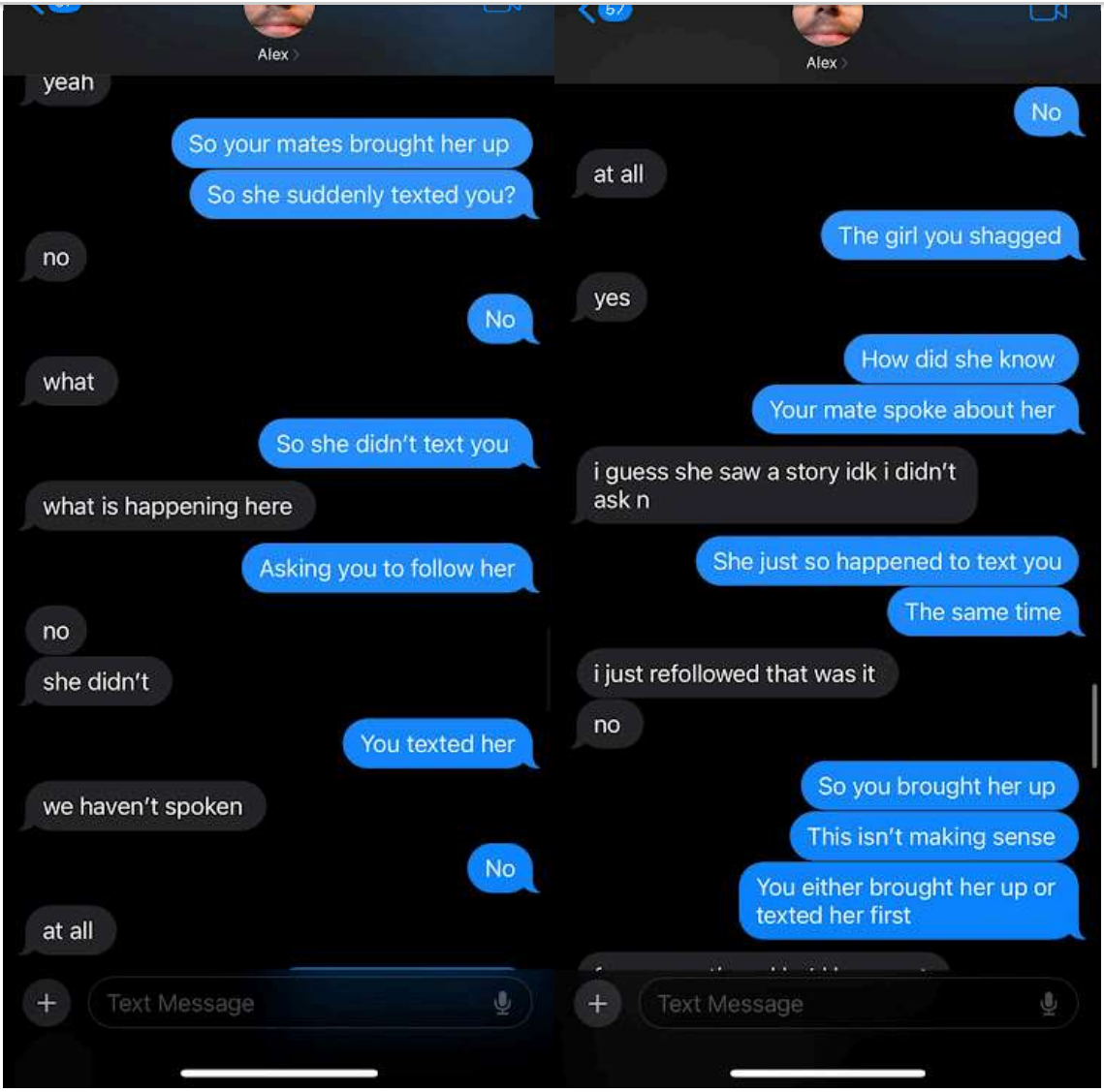
# Response - Read First



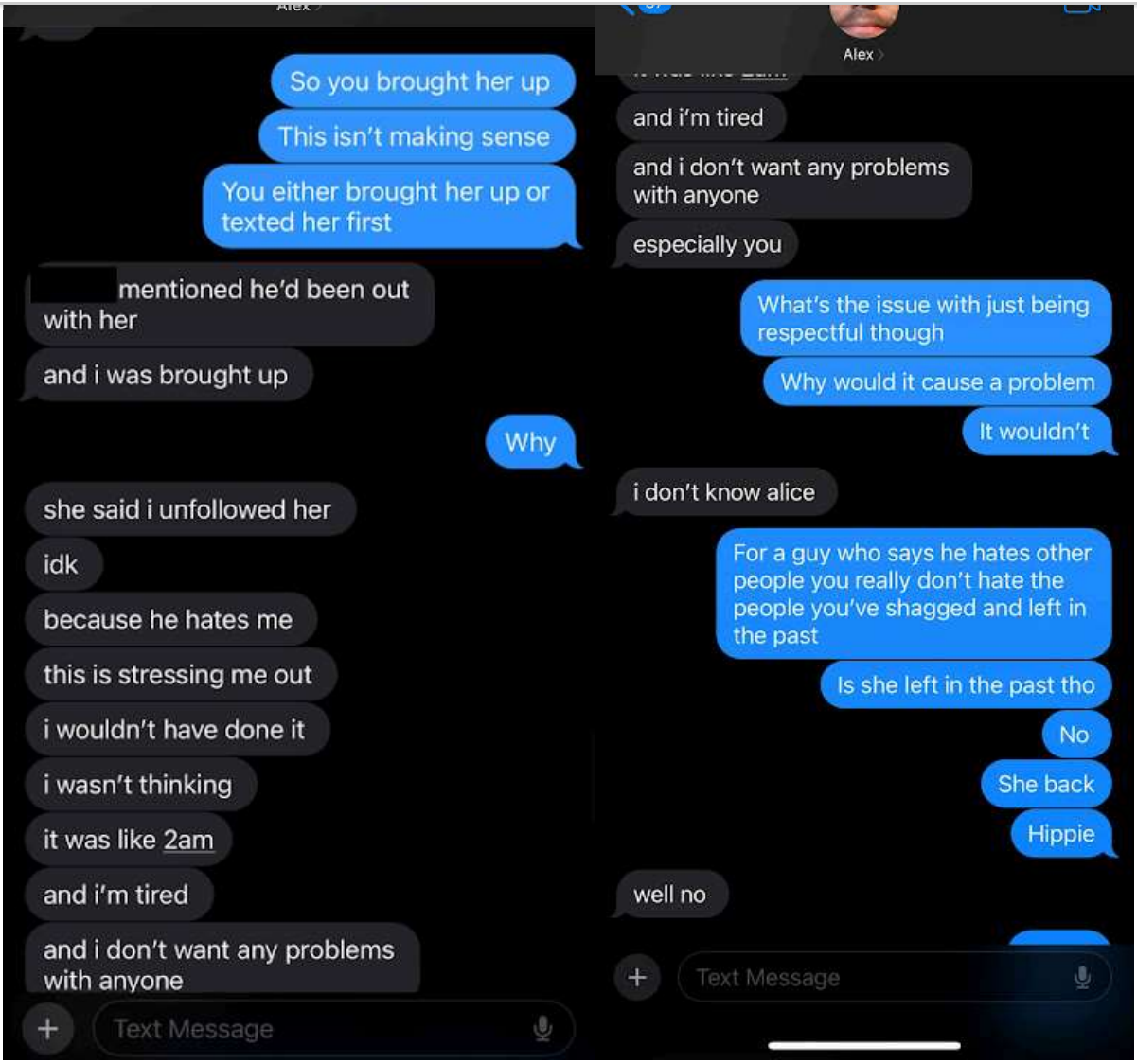
# Response - Read First



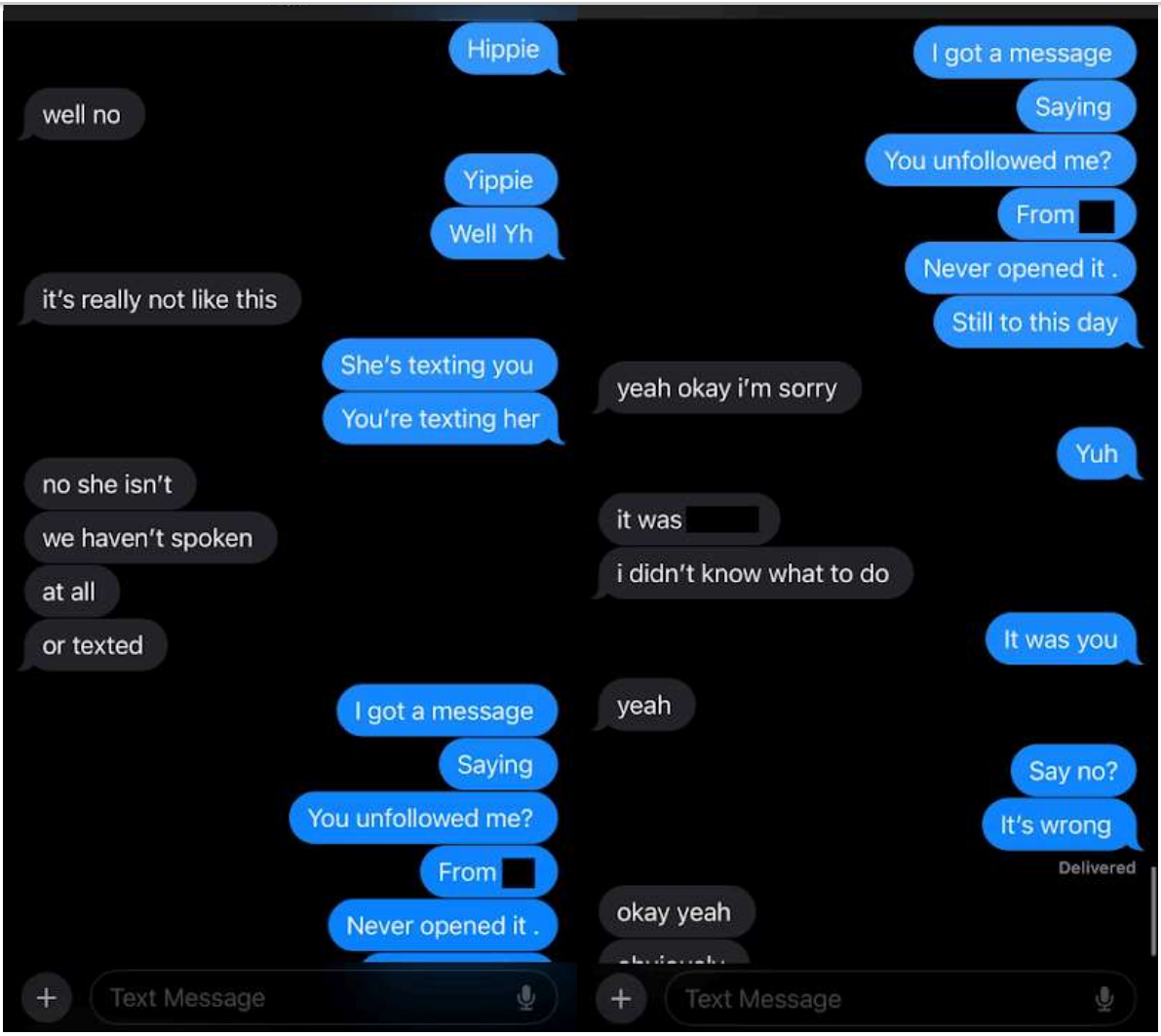
# Response - Read First



# Response - Read First

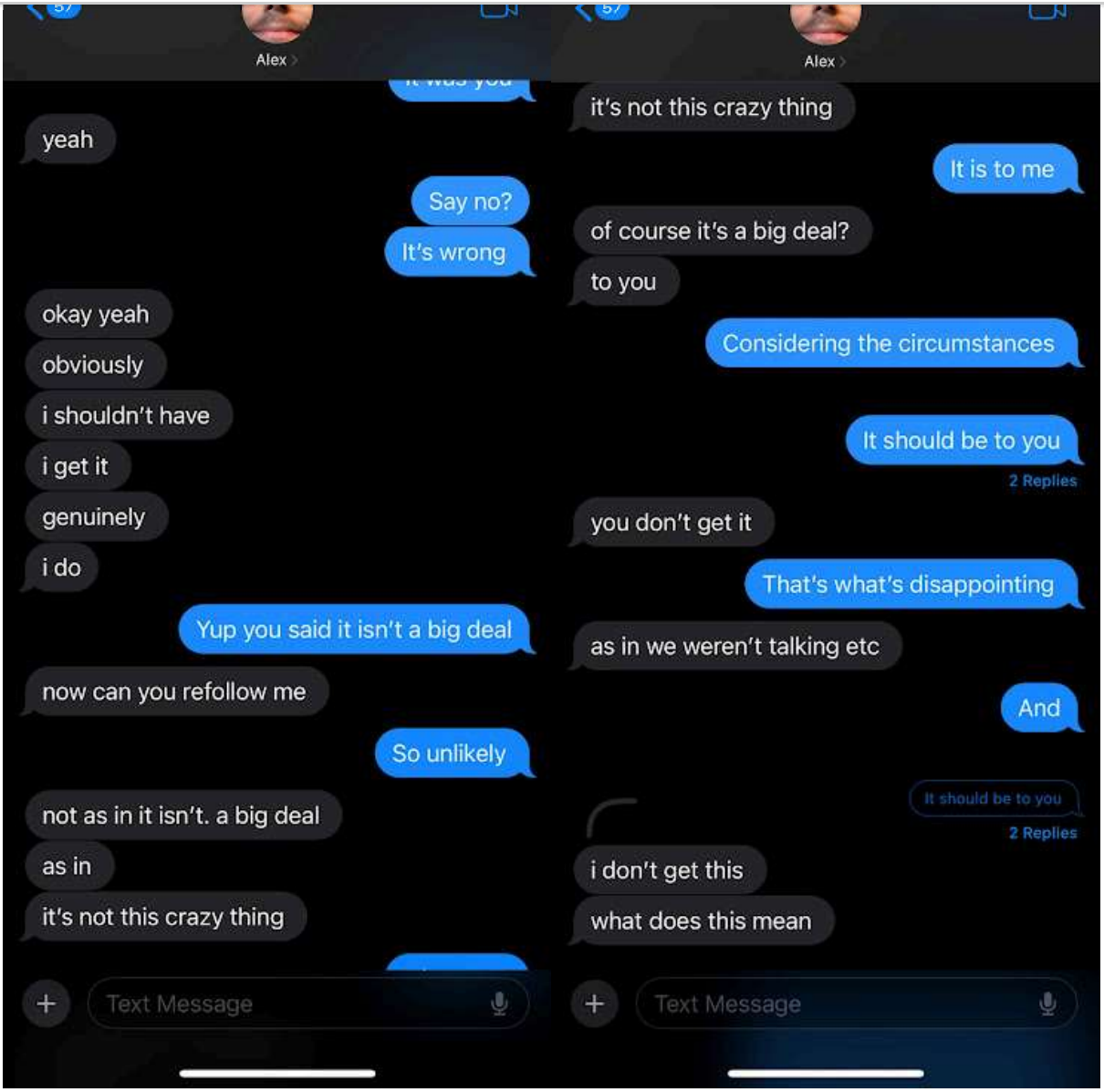

So you brought her up
This isn't making sense
You either brought her up or texted her first
mentioned he'd been out with her
and i was brought up
Why
she said i unfollowed her
idk
because he hates me
this is stressing me out
i wouldn't have done it
i wasn't thinking
it was like 2am
and i'm tired
and i don't want any problems with anyone
Text Message
Alex
and i'm tired
and i don't want any problems with anyone
especially you
What's the issue with just being respectful though
Why would it cause a problem
It wouldn't
i don't know alice
For a guy who says he hates other people you really don't hate the people you've shagged and left in the past
Is she left in the past tho
No
She back
Hippie
well no
Text Message

# Response - Read First

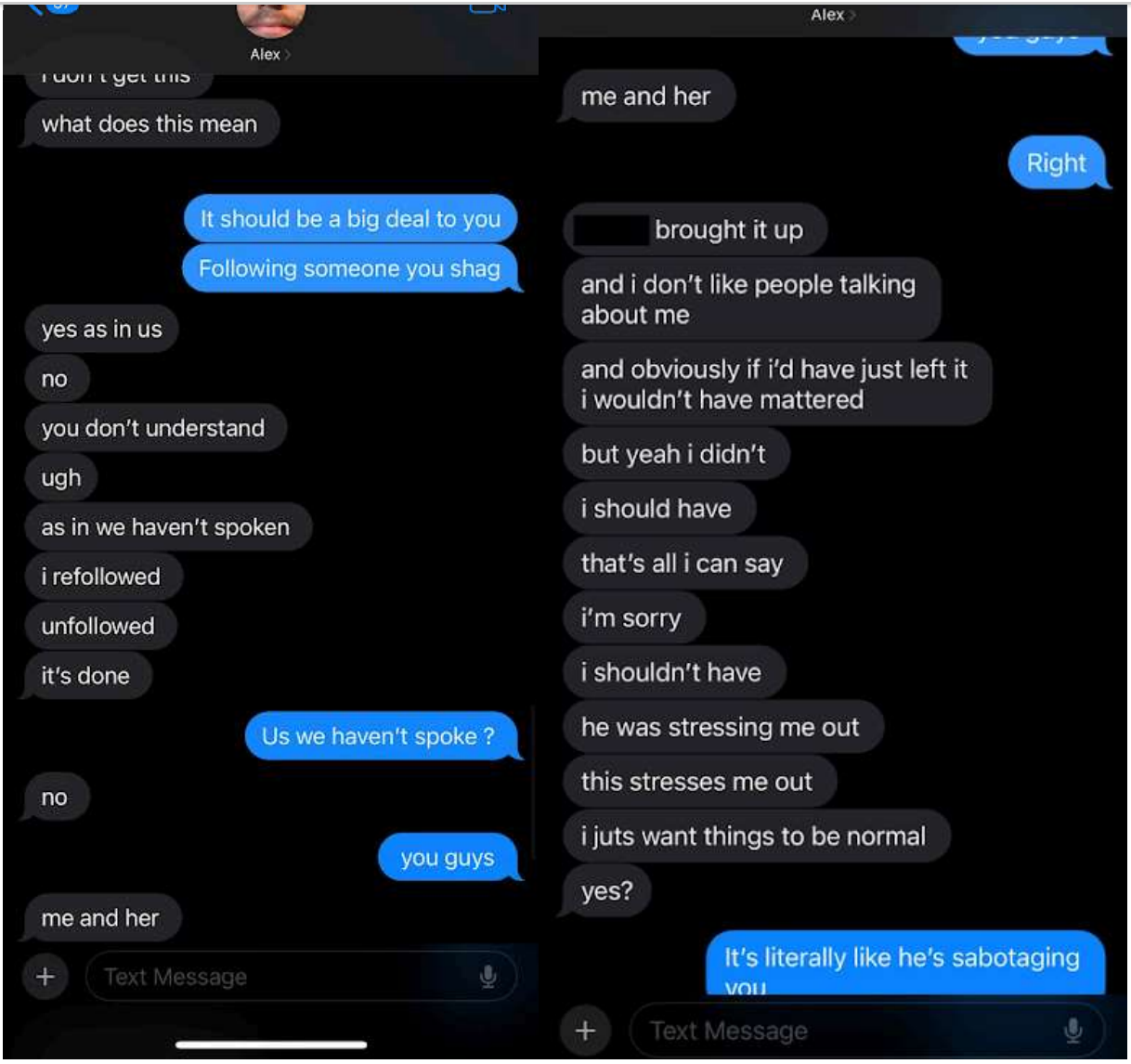



I blurred out the name of a girl i used to see, as he has also asked me to unfollow past relationships and i did for him.

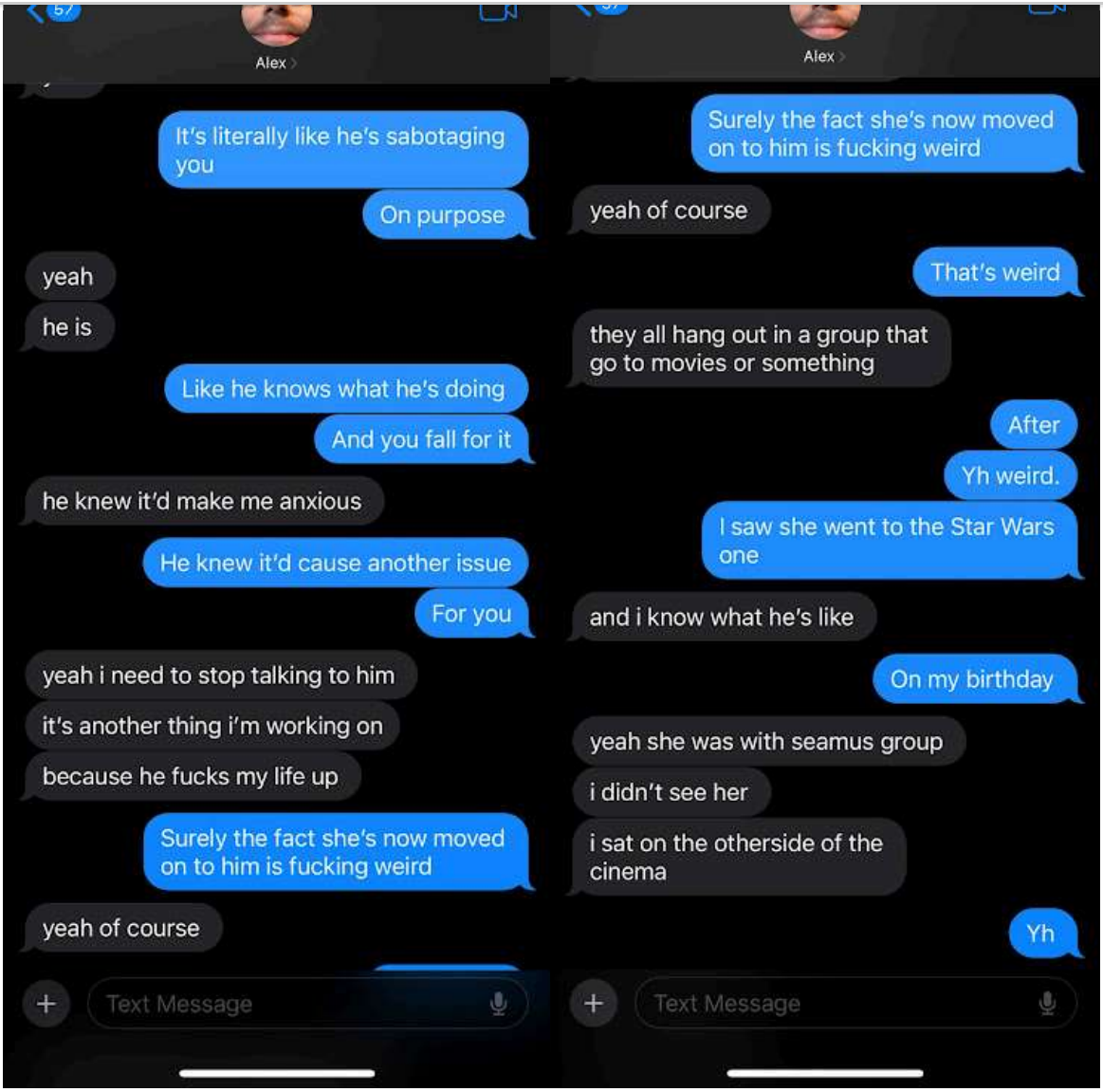
# Response - Read First



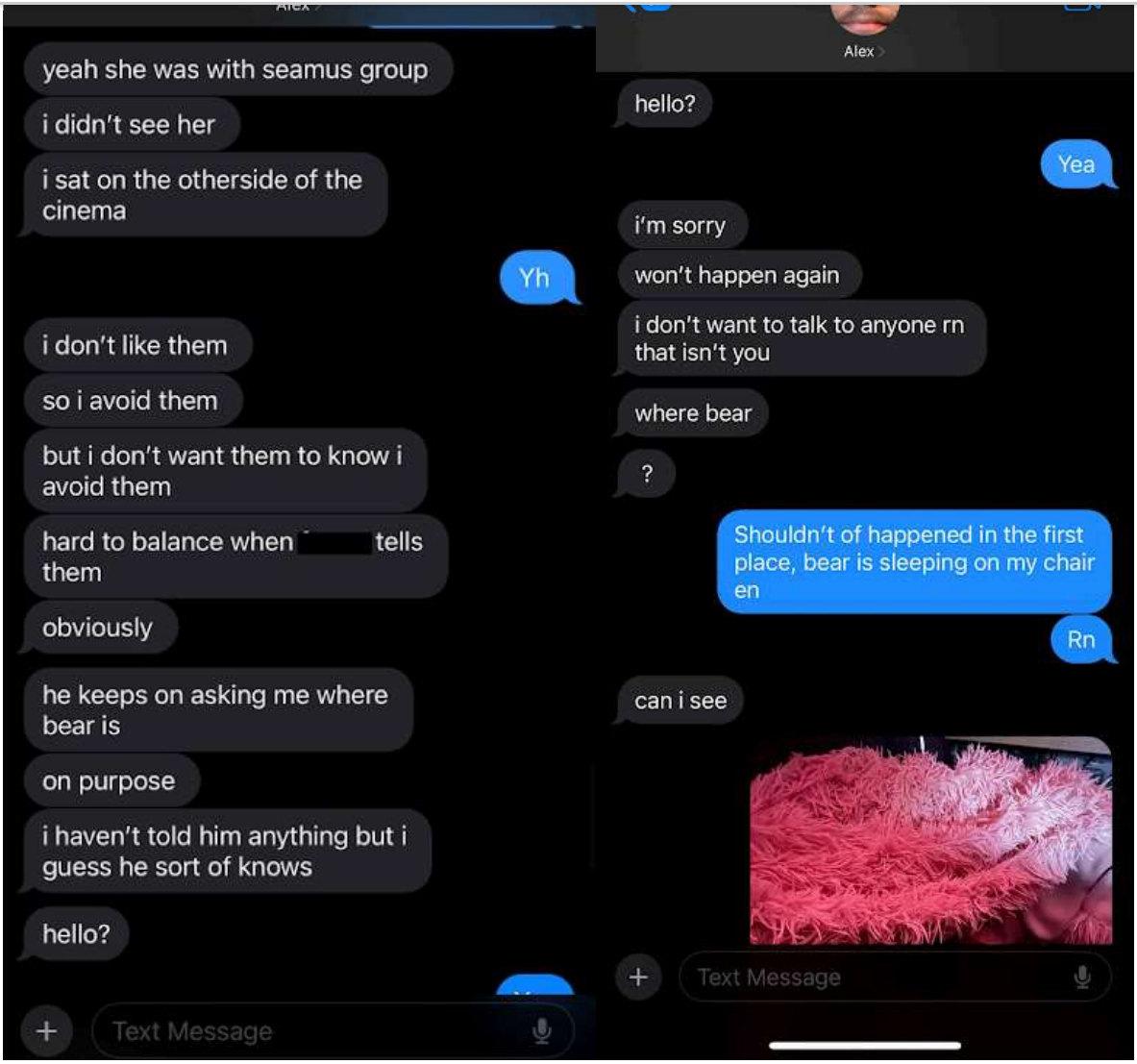
# Response - Read First



# Response - Read First


Alex
It's literally like he's sabotaging you
On purpose
yeah
he is
Like he knows what he's doing
And you fall for it
he knew it'd make me anxious
He knew it'd cause another issue
For you
yeah i need to stop talking to him
it's another thing i'm working on
because he fucks my life up
Surely the fact she's now moved on to him is fucking weird
yeah of course
Text Message
Alex
Surely the fact she's now moved on to him is fucking weird
yeah of course
That's weird
they all hang out in a group that go to movies or something
After
Yh weird.
I saw she went to the Star Wars one
and i know what he's like
On my birthday
yeah she was with seamus group
i didn't see her
i sat on the otherside of the cinema
Yh
Text Message

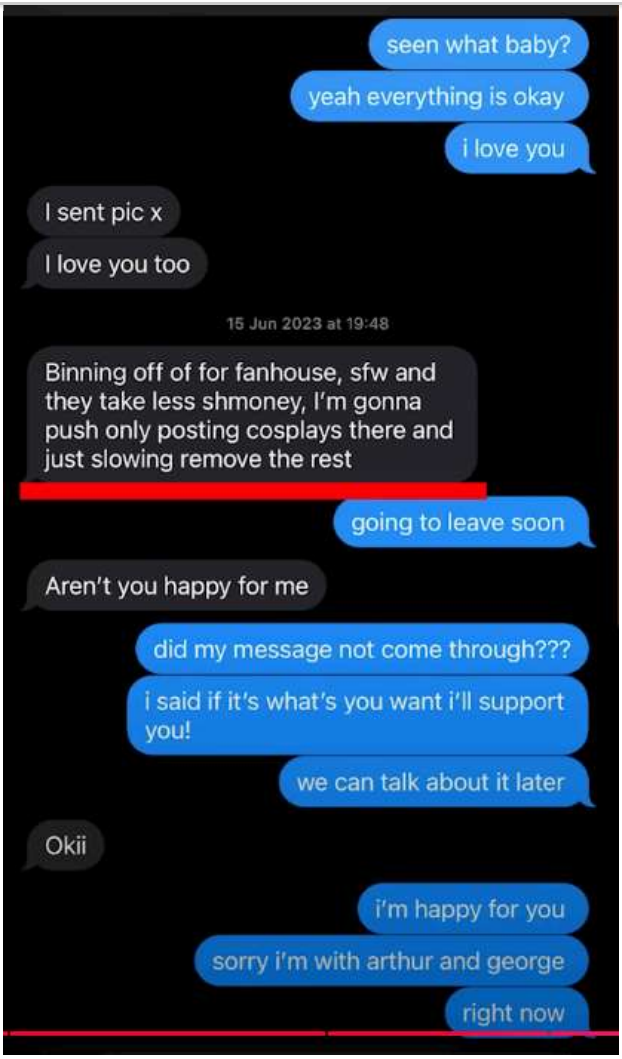
# Response - Read First


yeah she was with seamus group
i didn't see her
i sat on the otherside of the cinema
Yh
i don't like them
so i avoid them
but i don't want them to know i avoid them
hard to balance when tells them
obviously
he keeps on asking me where bear is
on purpose
i haven't told him anything but i guess he sort of knows
hello?
Text Message
Alex
hello?
Yea
i'm sorry
won't happen again
i don't want to talk to anyone rn that isn't you
where bear
?
Shouldn't of happened in the first place, bear is sleeping on my chair en
Rn
can i see
Text Message

He ended up being secretive over his phone to what I then discovered was him stalking his ex on all social platforms (it's been years since they broke up) and found her old NSFW pictures he kept of her. He said sorry and that was it.

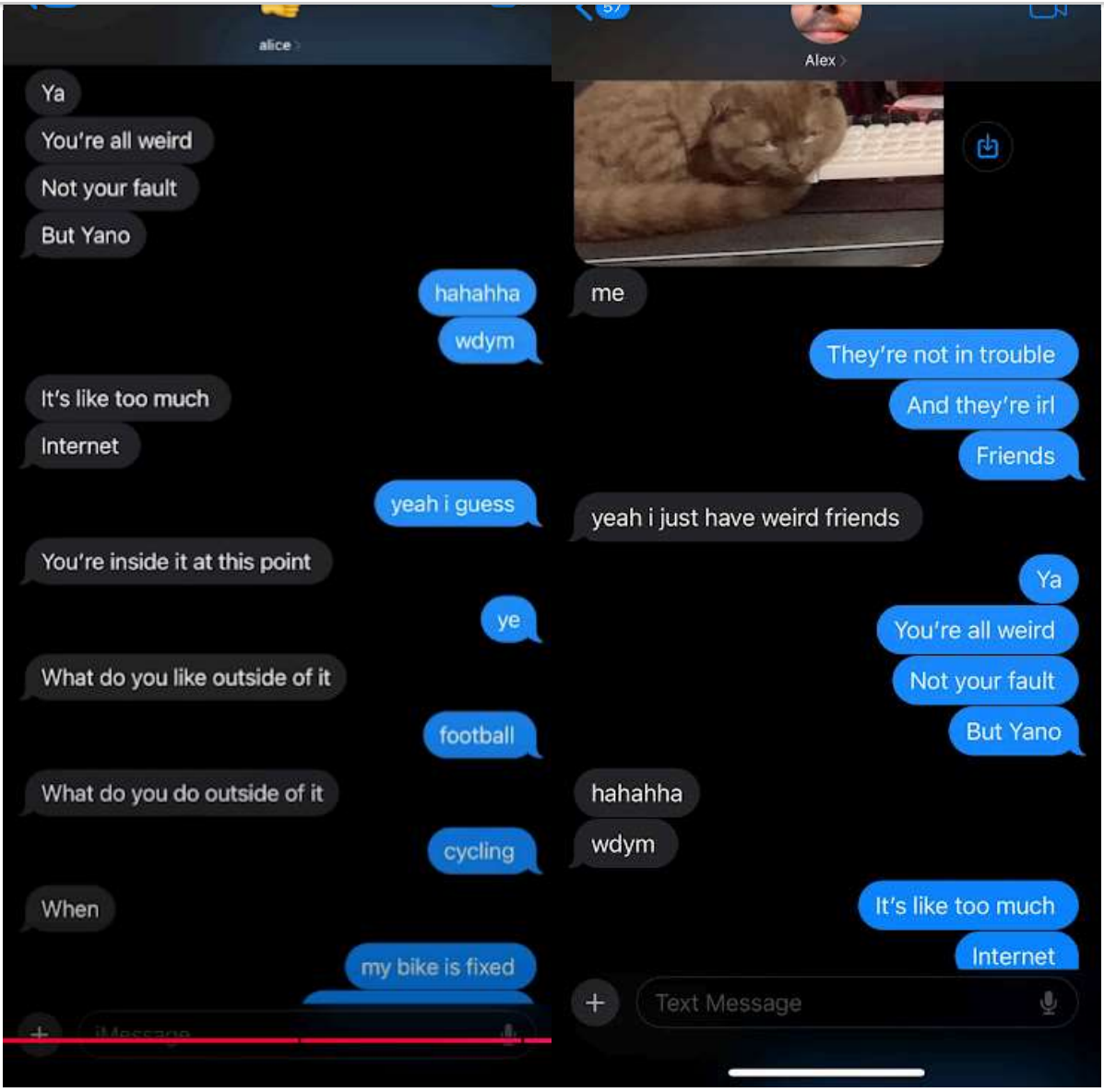
He uses this as “proof” of me “having full access to his phone throughout the relationship”, nowhere does it say that.

# Response - Read First


seen what baby?
yeah everything is okay
i love you
I sent pic x
I love you too
15 Jun 2023 at 19:48
Binning off of for fanhouse, sfw and they take less shmoney, I'm gonna push only posting cosplays there and just slowing remove the rest
going to leave soon
Aren't you happy for me
did my message not come through???
i said if it's what's you want i'll support you!
we can talk about it later
Okii
i'm happy for you
sorry i'm with arthur and george
right now

He uses this as proof of me “still working” . The way I make money is through brand deals on tiktok/instagram and streaming, which I stopped all of. I also have an OF where I post cosplays and cute outfits. Alex didn’t like that I did this so I tried to make changes by moving platforms onto better known sites for being SFW as that was the content I made anyway.

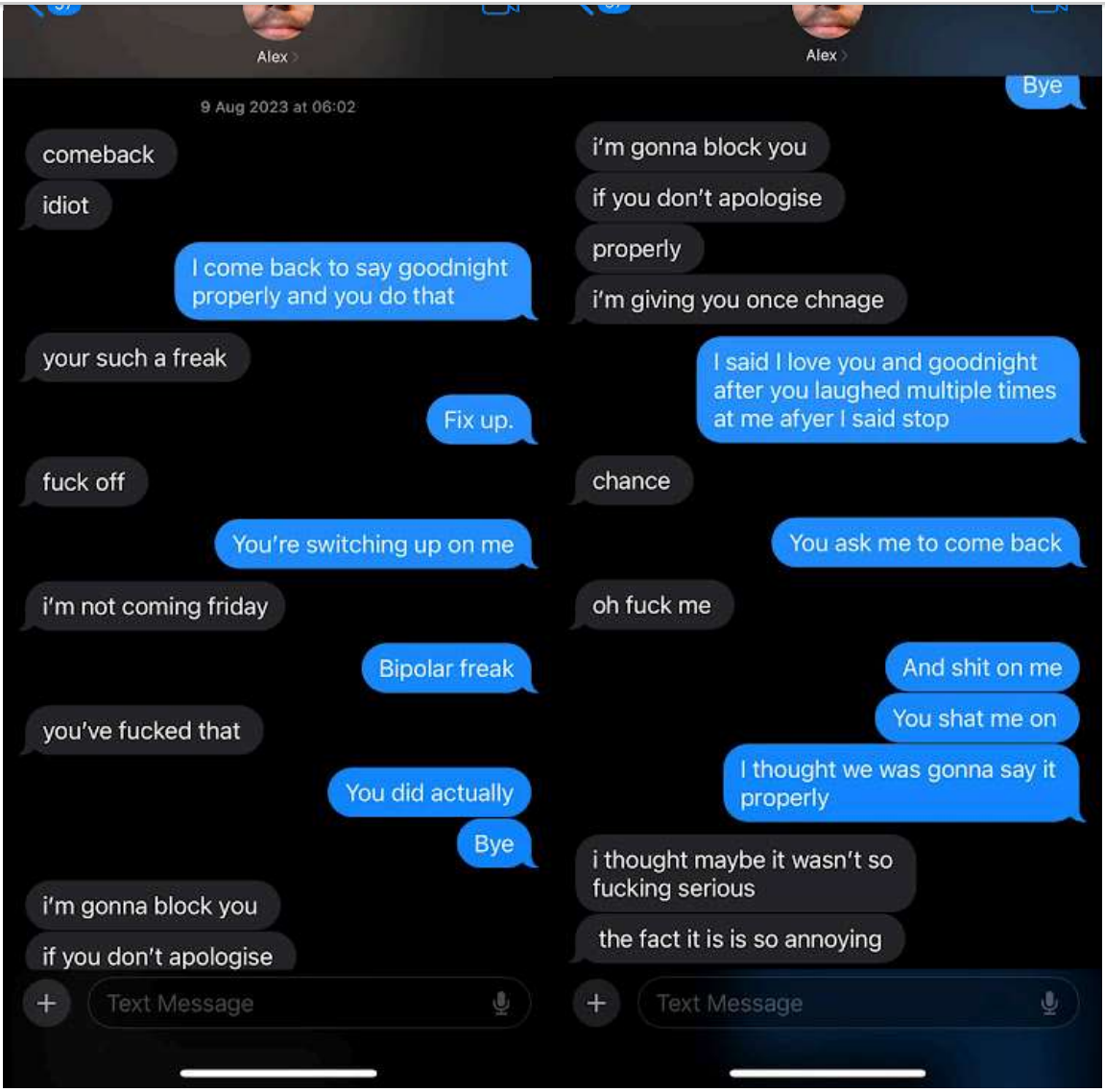
# Response - Read First



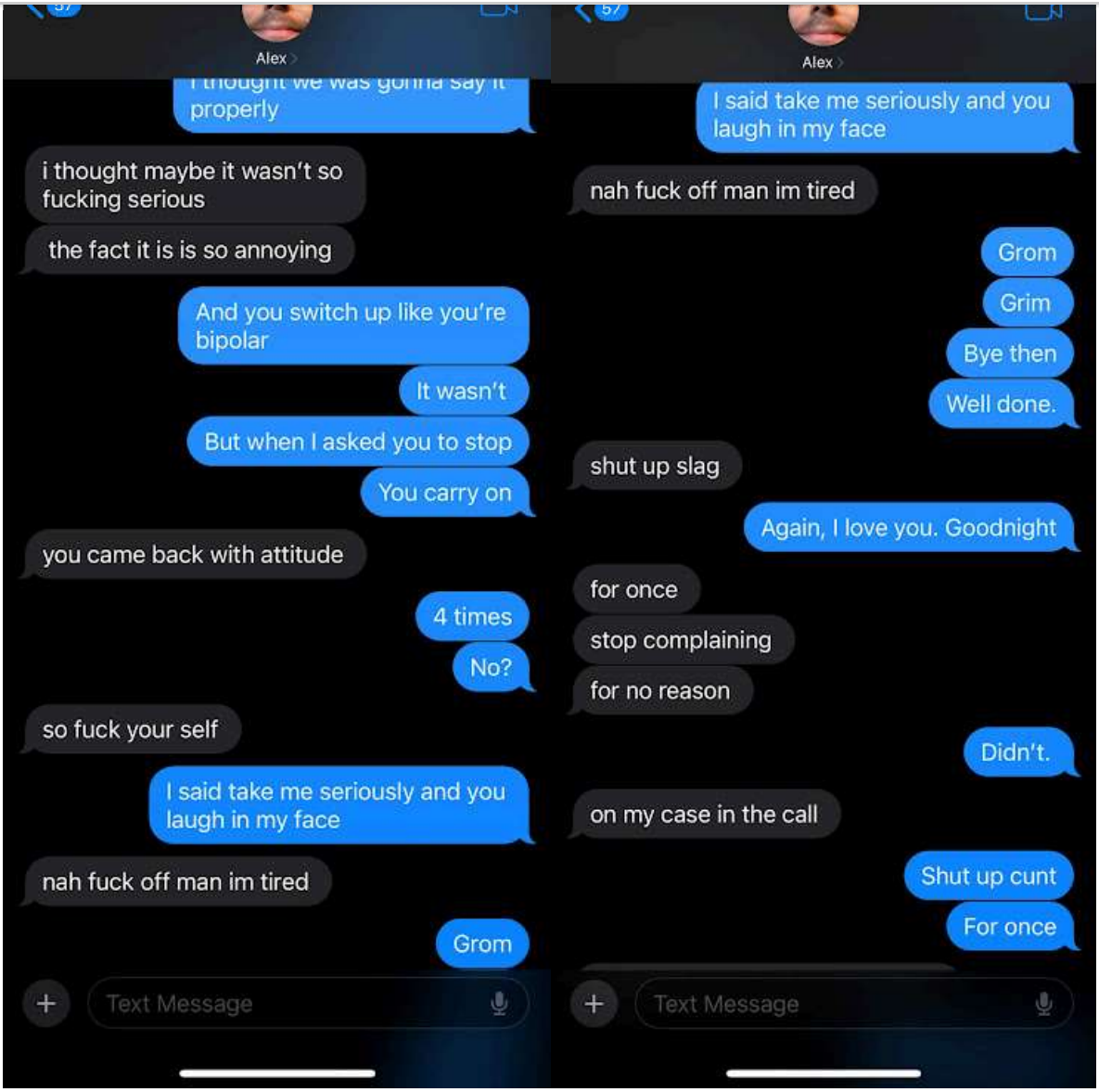

He uses this and says i call his friends weird, yet did not show one message up, he is the one calling them weird.

Alex calls my friends weird, and his own at many occasions. In his whole story he has contradicted himself on every subject he's brought up, here is another conversation where we fell out over the phone and the context is in the texts, i've added this to more show the kind of person alex was when these things happened as it shows closest to how he spoke to me on calls. I want to say now, i call him horrible names back and in no way is it okay to use “bipolar” or “autistic” as an insult like i have here, i was very distraught after the whole day and you will read why.

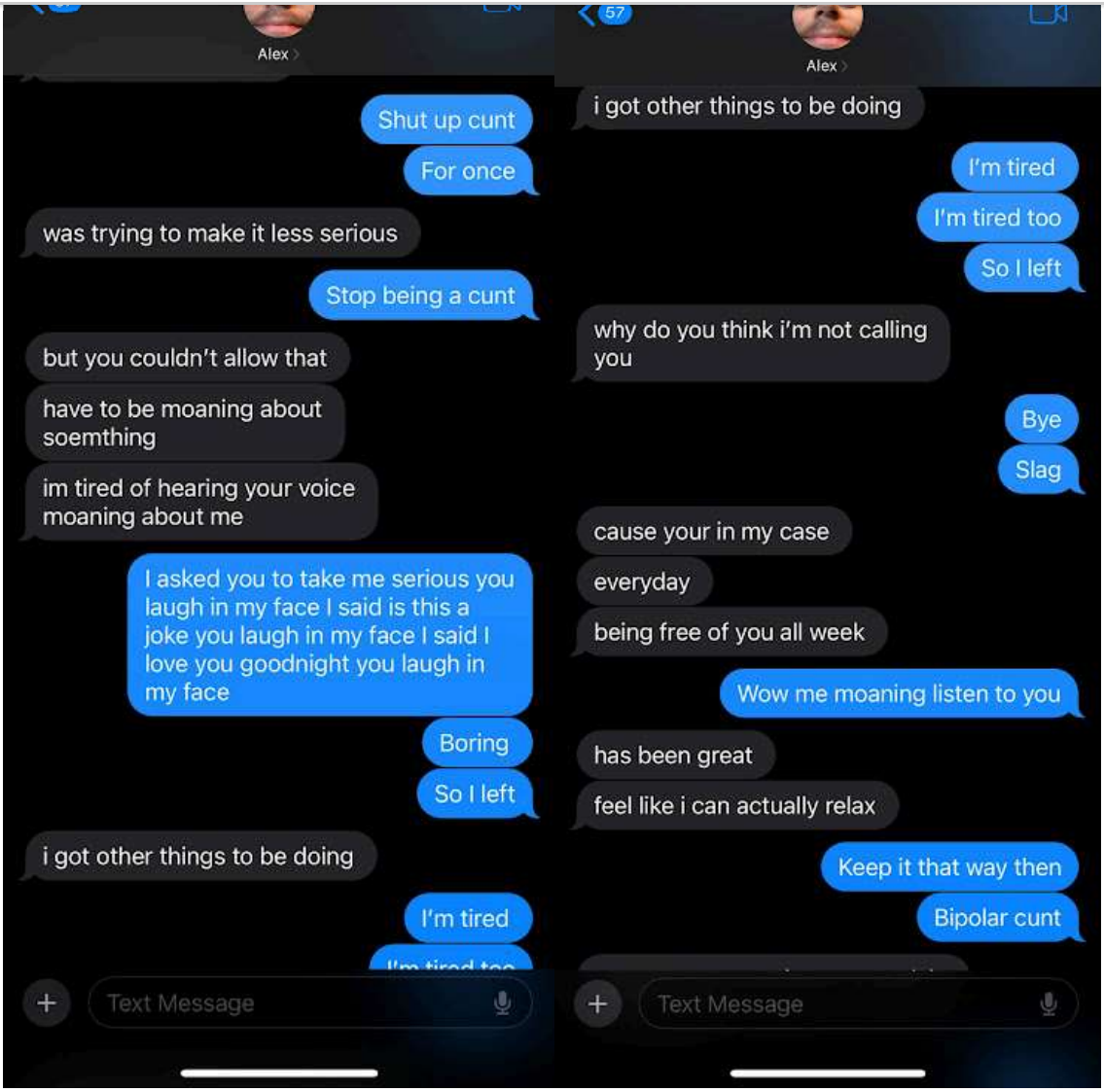
# Response - Read First


Alex
9 Aug 2023 at 06:02
comeback
idiot
I come back to say goodnight properly and you do that
your such a freak
Fix up.
fuck off
You're switching up on me
i'm not coming friday
Bipolar freak
you've fucked that
You did actually
Bye
i'm gonna block you
if you don't apologise
Text Message
Alex
Bye
i'm gonna block you
if you don't apologise
properly
i'm giving you once chnage
I said I love you and goodnight after you laughed multiple times at me afyer I said stop
chance
You ask me to come back
oh fuck me
And shit on me
You shat me on
I thought we was gonna say it properly
i thought maybe it wasn't so fucking serious
the fact it is is so annoying
Text Message

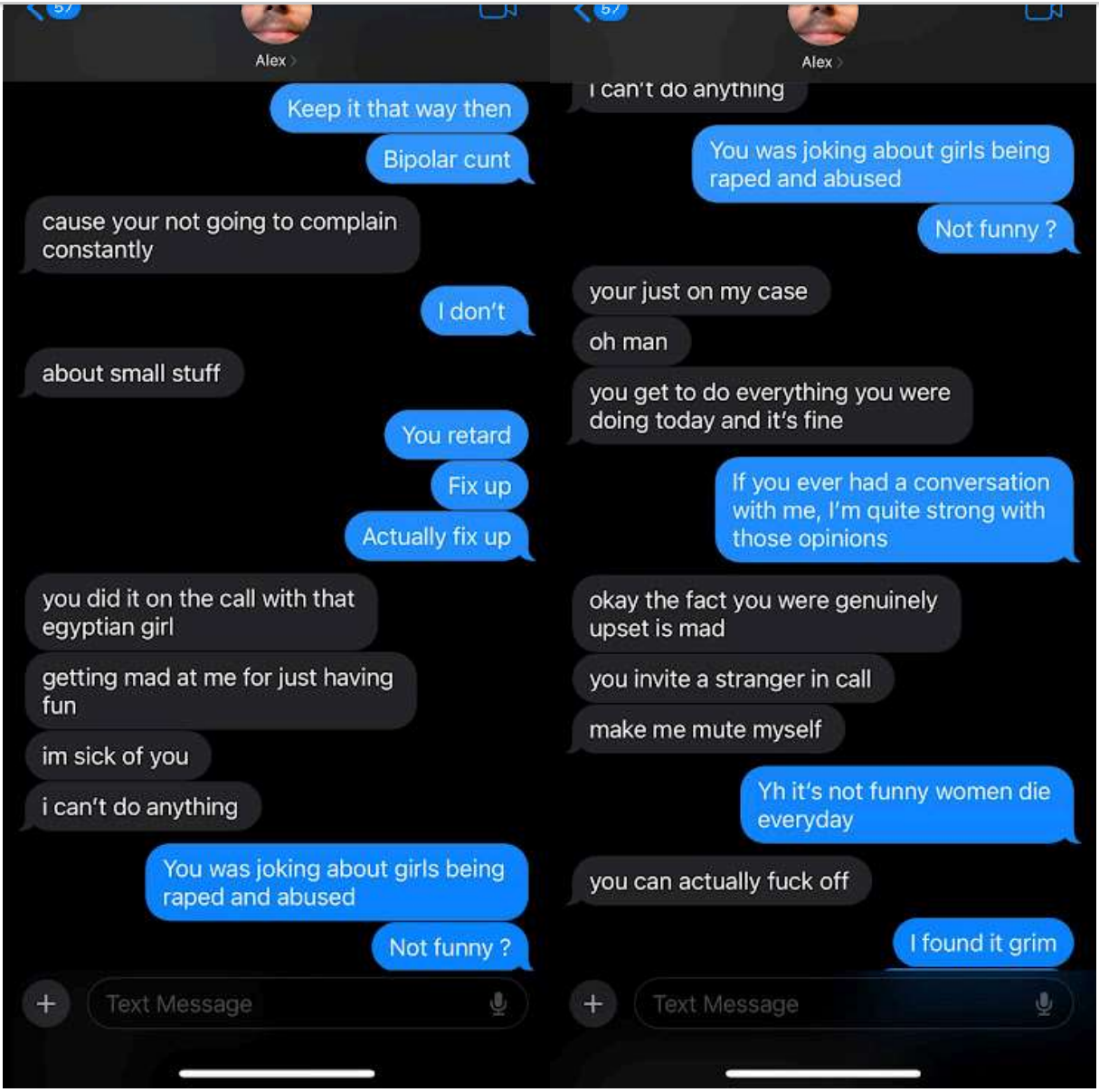
# Response - Read First



# Response - Read First

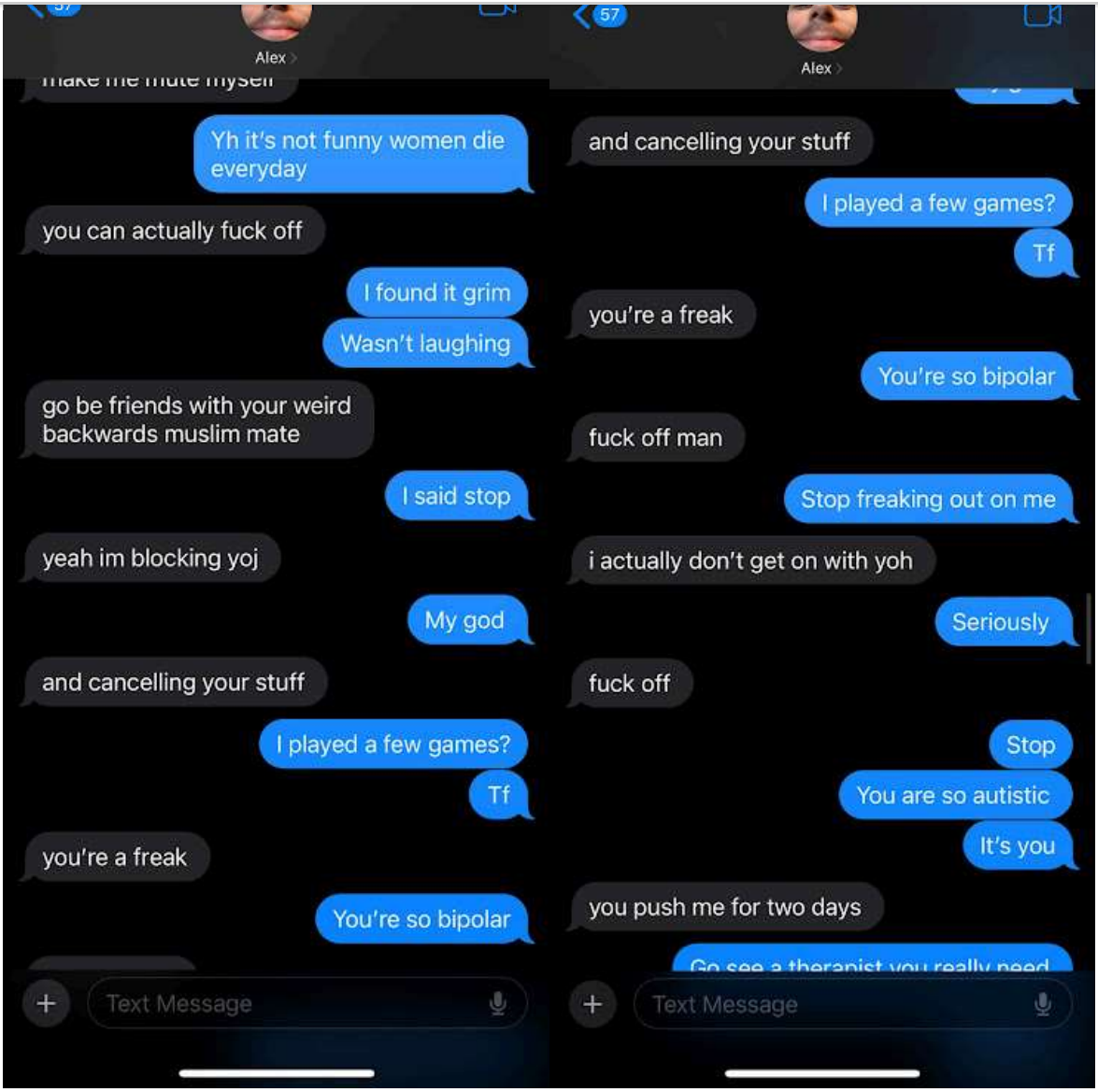

Alex
Shut up cunt
For once
was trying to make it less serious
Stop being a cunt
but you couldn't allow that
have to be moaning about soemthing
im tired of hearing your voice moaning about me
I asked you to take me serious you laugh in my face I said is this a joke you laugh in my face I said I love you goodnight you laugh in my face
Boring
So I left
i got other things to be doing
I'm tired
Text Message
57
Alex
i got other things to be doing
I'm tired
I'm tired too
So I left
why do you think i'm not calling you
Bye
Slag
cause your in my case
everyday
being free of you all week
Wow me moaning listen to you
has been great
feel like i can actually relax
Keep it that way then
Bipolar cunt
Text Message

# Response - Read First

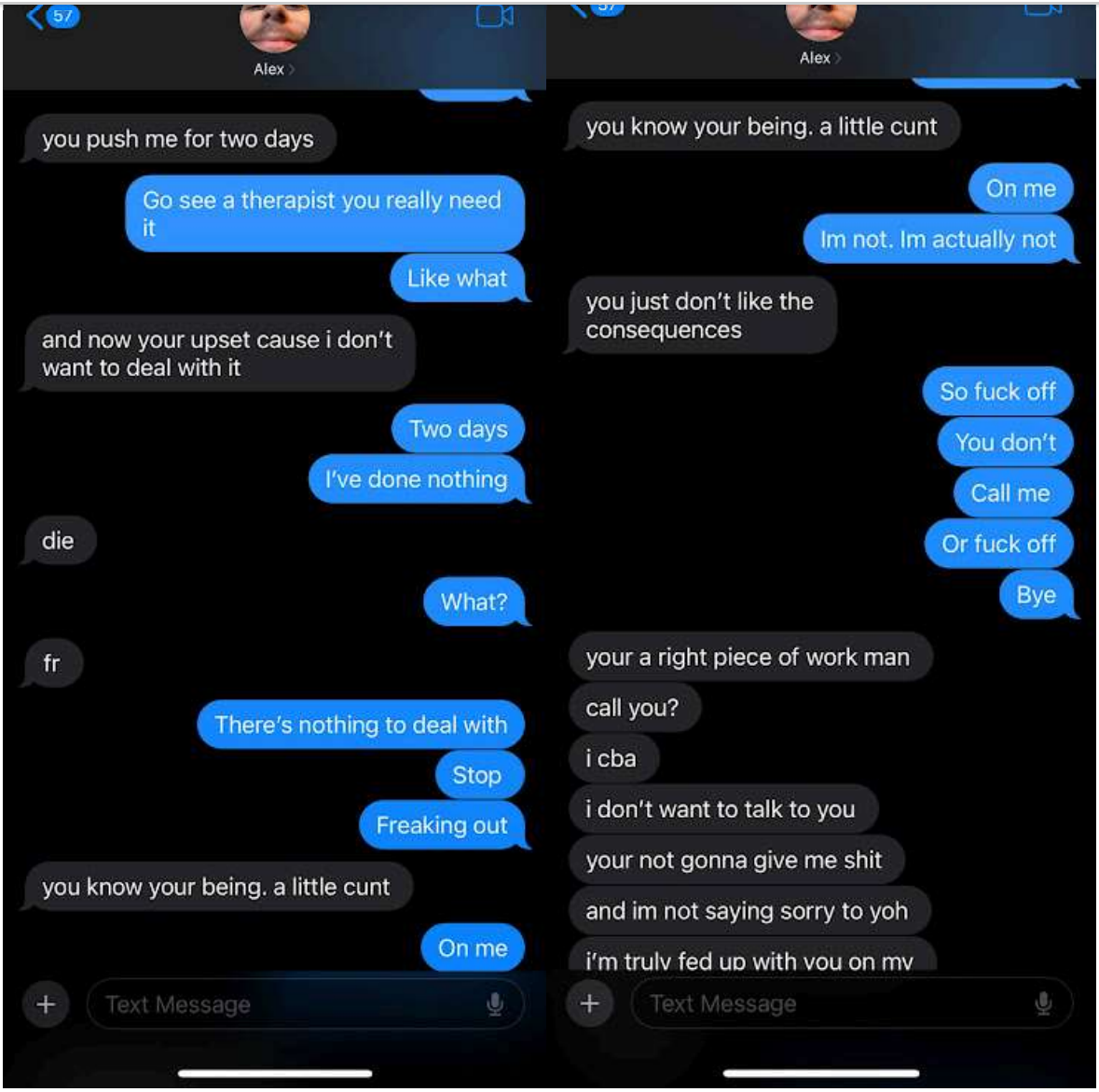

Alex
Keep it that way then
Bipolar cunt
cause your not going to complain constantly
I don't
about small stuff
You retard
Fix up
Actually fix up
you did it on the call with that egyptian girl
getting mad at me for just having fun
im sick of you
i can't do anything
You was joking about girls being raped and abused
Not funny ?
Text Message
Alex
i can't do anything
You was joking about girls being raped and abused
Not funny ?
your just on my case
oh man
you get to do everything you were doing today and it's fine
If you ever had a conversation with me, I'm quite strong with those opinions
okay the fact you were genuinely upset is mad
you invite a stranger in call
make me mute myself
Yh it's not funny women die everyday
you can actually fuck off
I found it grim
Text Message

Whole reason we are arguing here is because of the jokes about being abused and rape that he made about a muslim girl i invited from a game i played. I wasn't laughing and got very upset with Alex and he was mad at me for reacting this way.

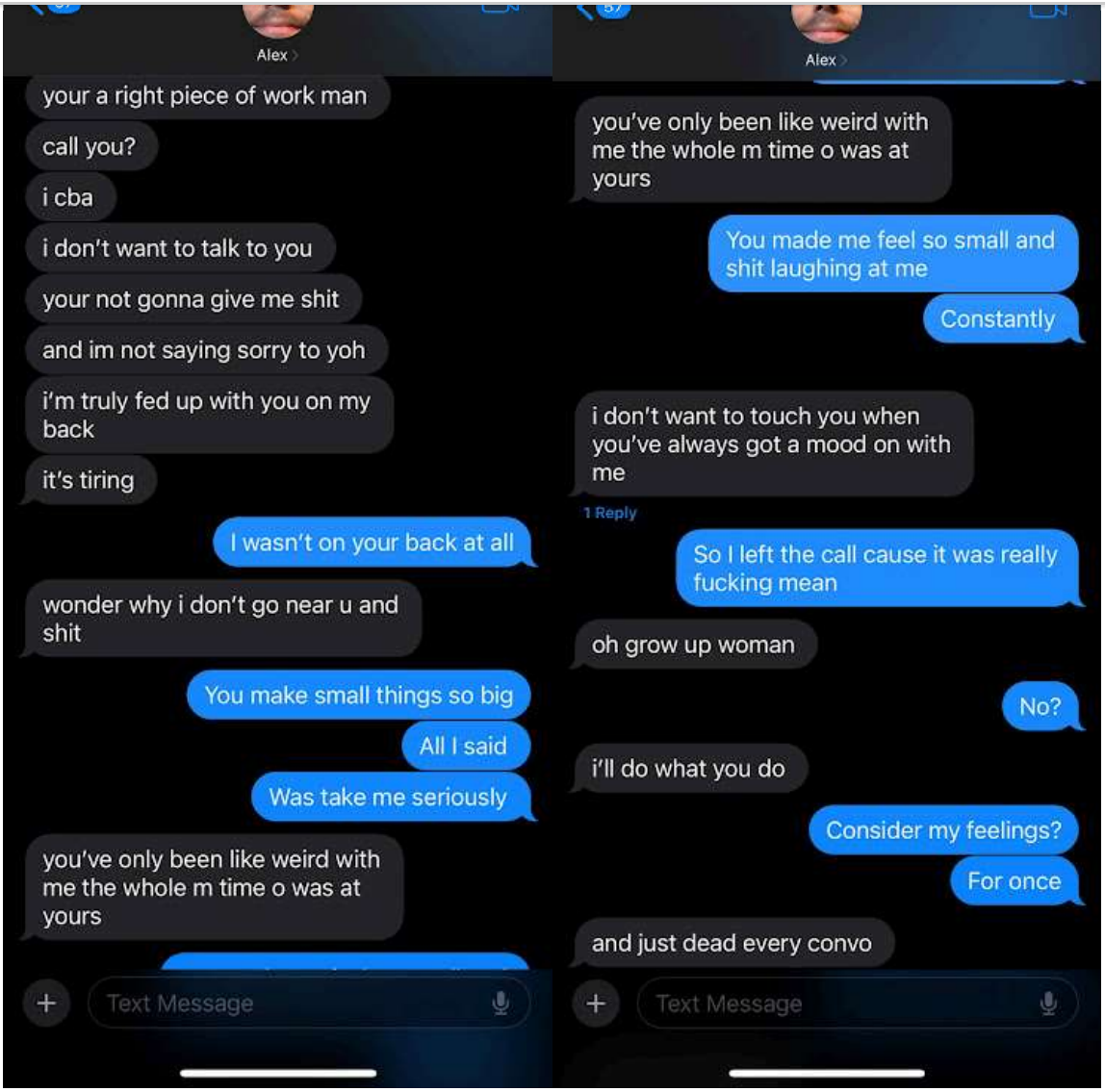
# Response - Read First



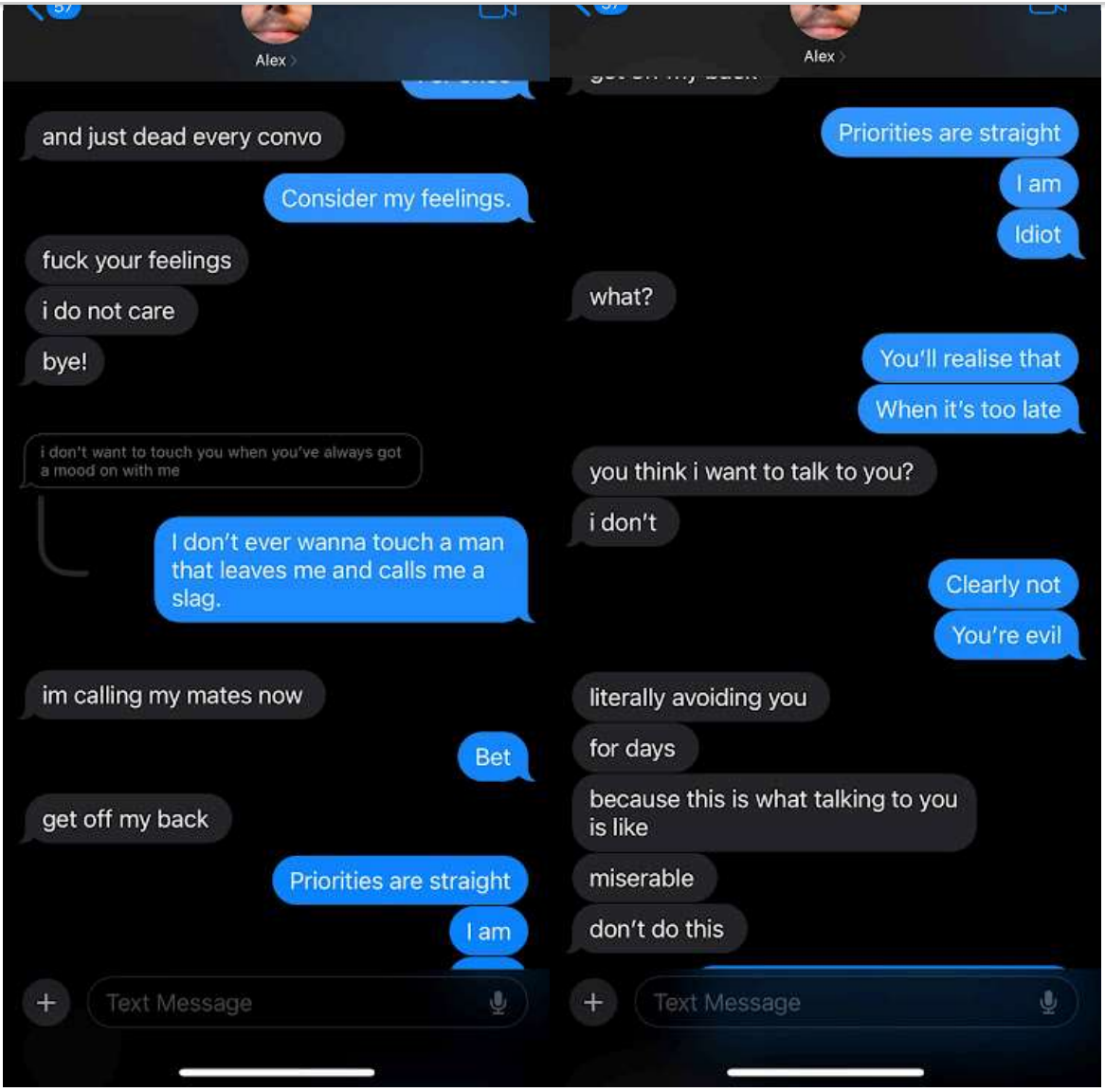
# Response - Read First



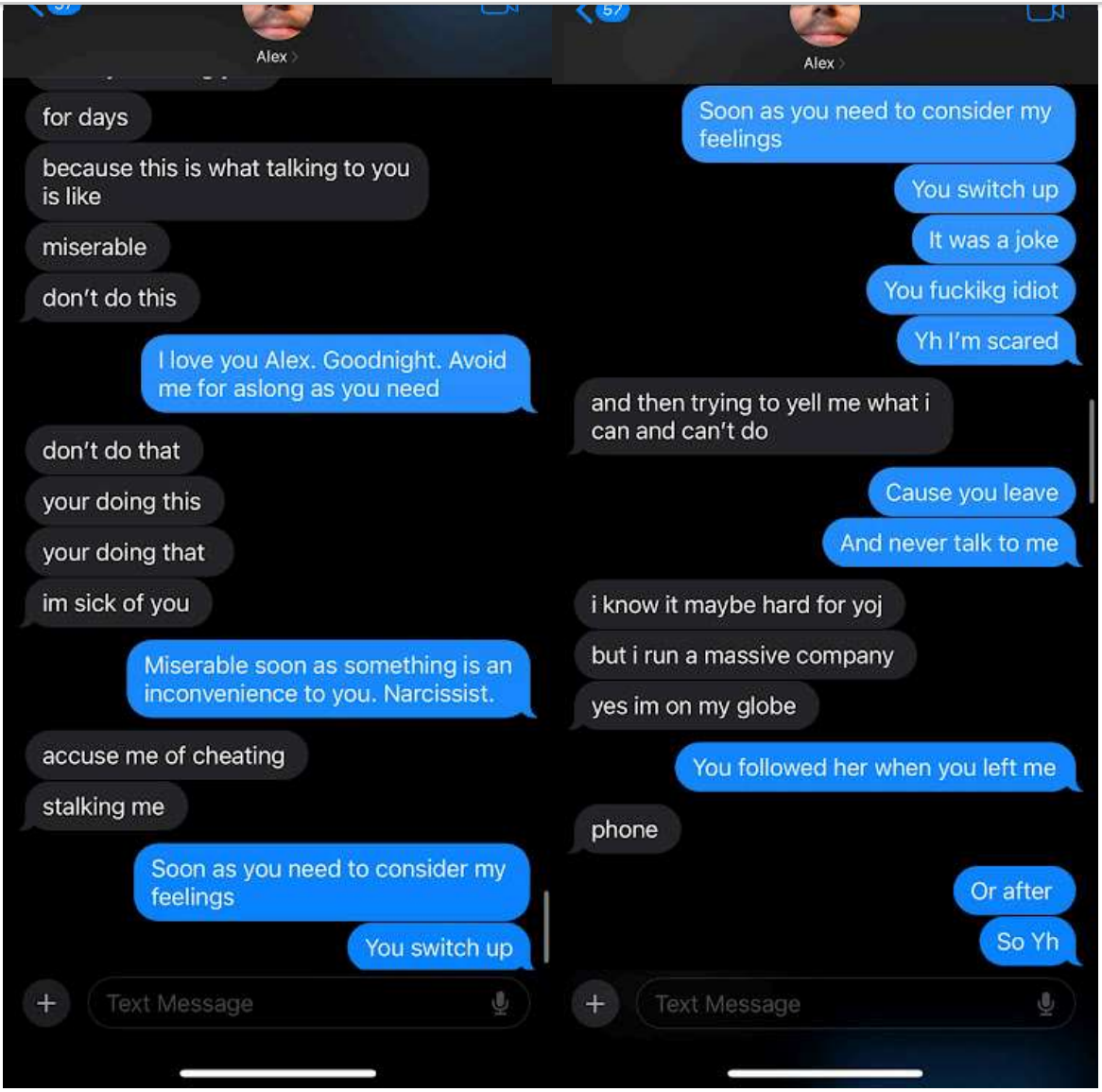
# Response - Read First


Alex
your a right piece of work man
call you?
i cba
i don't want to talk to you
your not gonna give me shit
and im not saying sorry to yoh
i'm truly fed up with you on my back
it's tiring
I wasn't on your back at all
wonder why i don't go near u and shit
You make small things so big
All I said
Was take me seriously
you've only been like weird with me the whole m time o was at yours
Text Message
Alex
you've only been like weird with me the whole m time o was at yours
You made me feel so small and shit laughing at me
Constantly
i don't want to touch you when you've always got a mood on with me
1 Reply
So I left the call cause it was really fucking mean
oh grow up woman
No?
i'll do what you do
Consider my feelings?
For once
and just dead every convo
Text Message

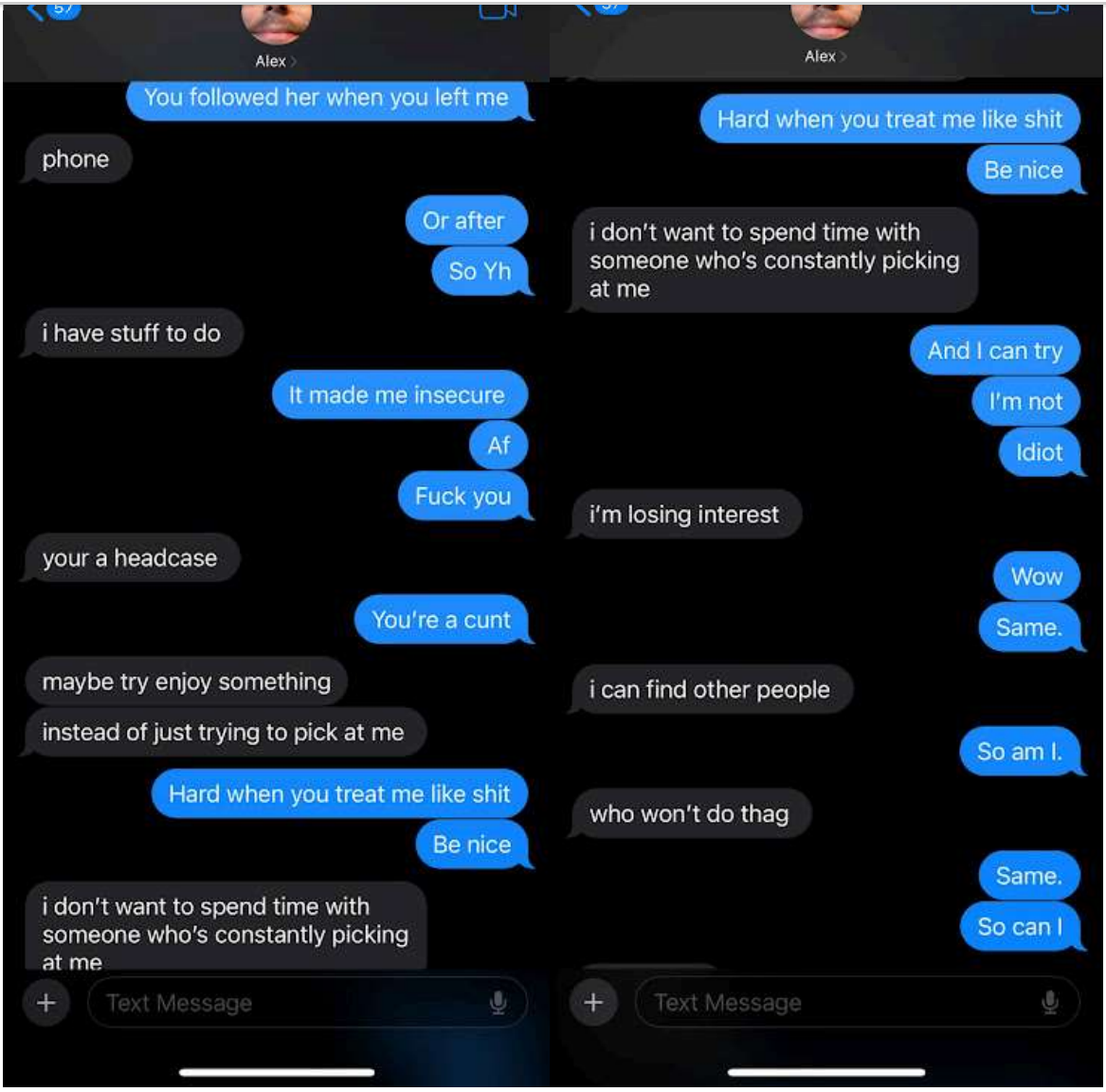
# Response - Read First



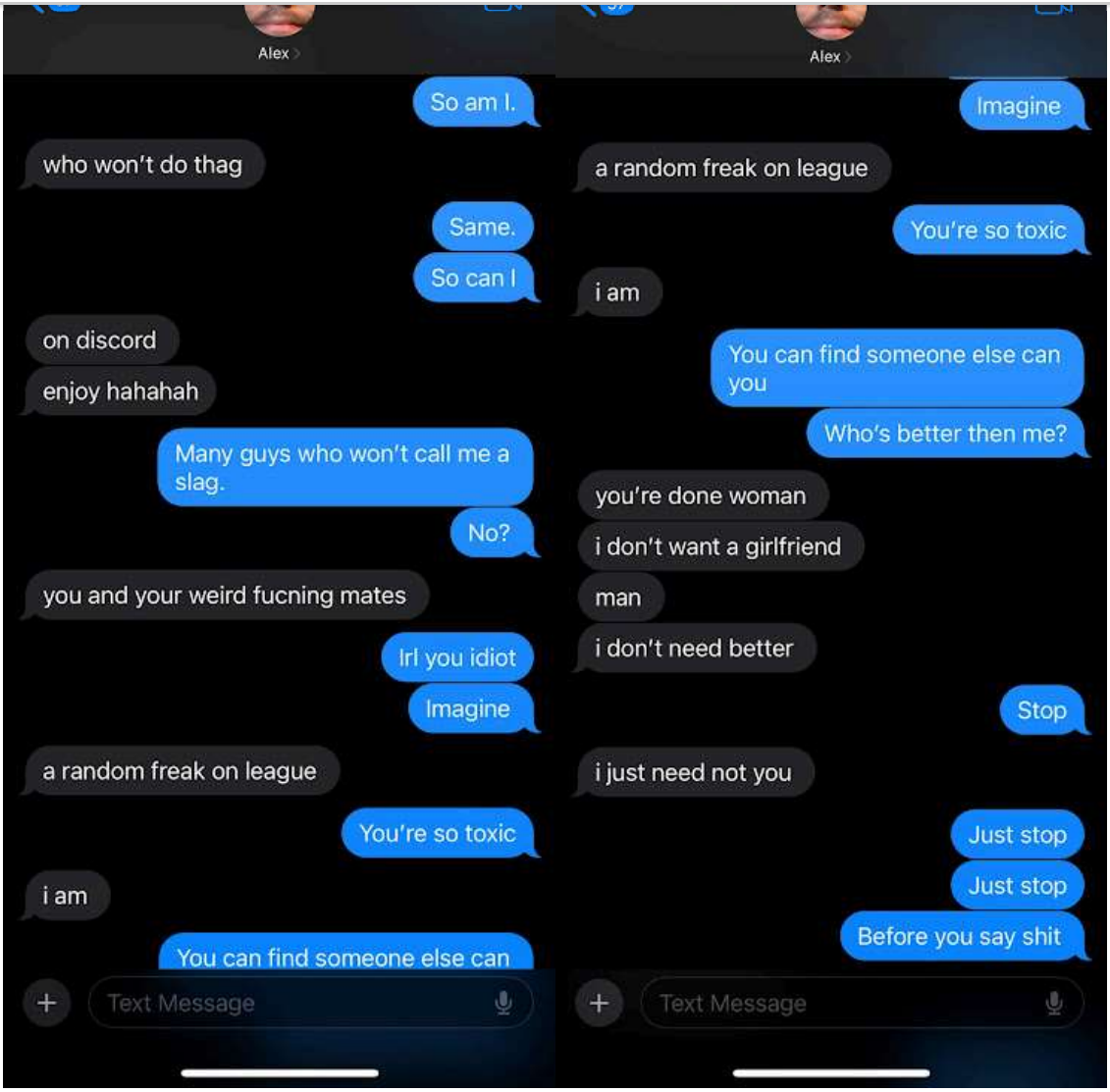
# Response - Read First


Alex
for days
because this is what talking to you is like
miserable
don't do this
I love you Alex. Goodnight. Avoid me for aslong as you need
don't do that
your doing this
your doing that
im sick of you
Miserable soon as something is an inconvenience to you. Narcissist.
accuse me of cheating
stalking me
Soon as you need to consider my feelings
You switch up
Text Message
Alex
Soon as you need to consider my feelings
You switch up
It was a joke
You fuckikg idiot
Yh I'm scared
and then trying to yell me what i can and can't do
Cause you leave
And never talk to me
i know it maybe hard for yoj
but i run a massive company
yes im on my globe
You followed her when you left me
phone
Or after
So Yh
Text Message

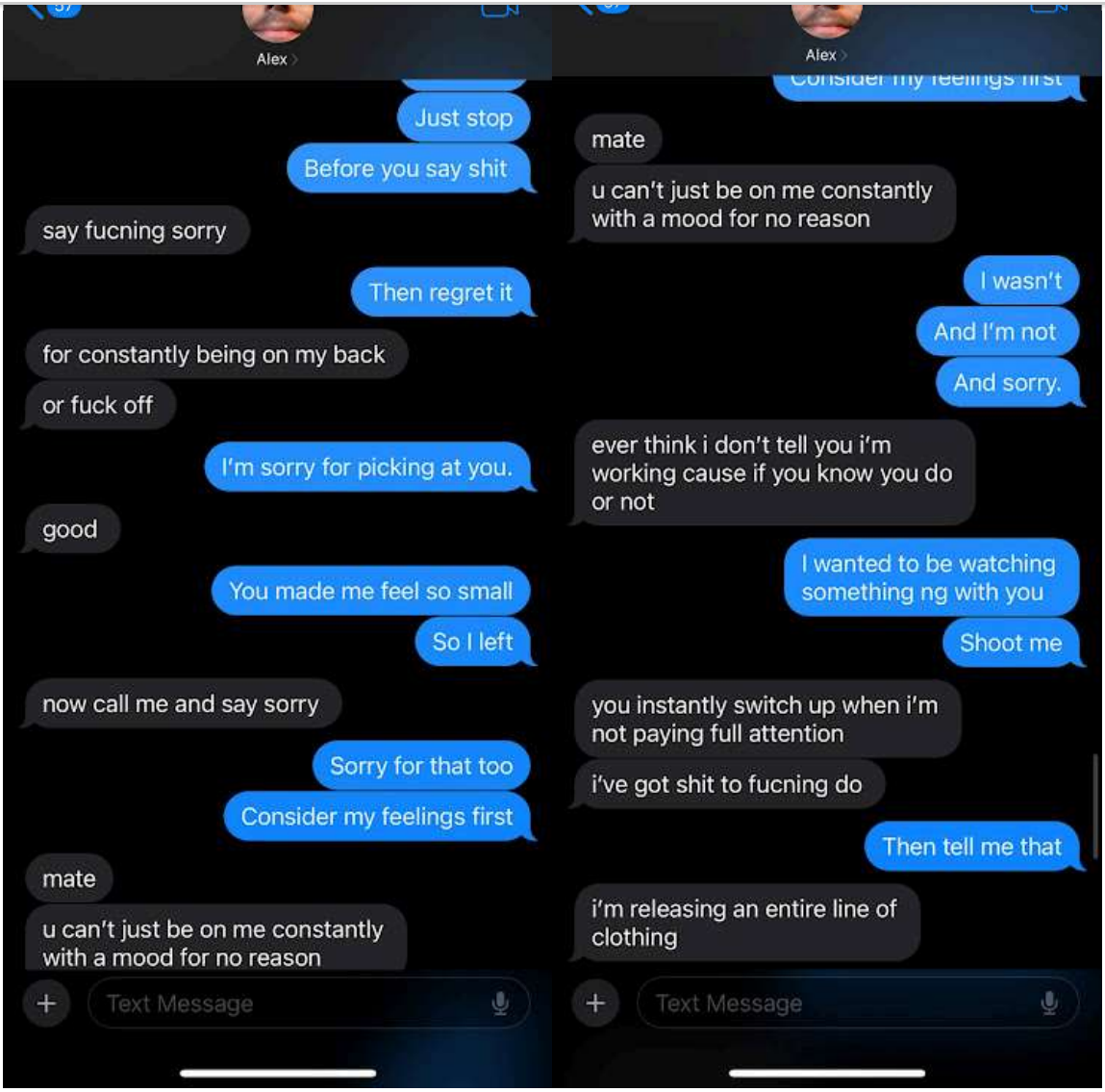
# Response - Read First



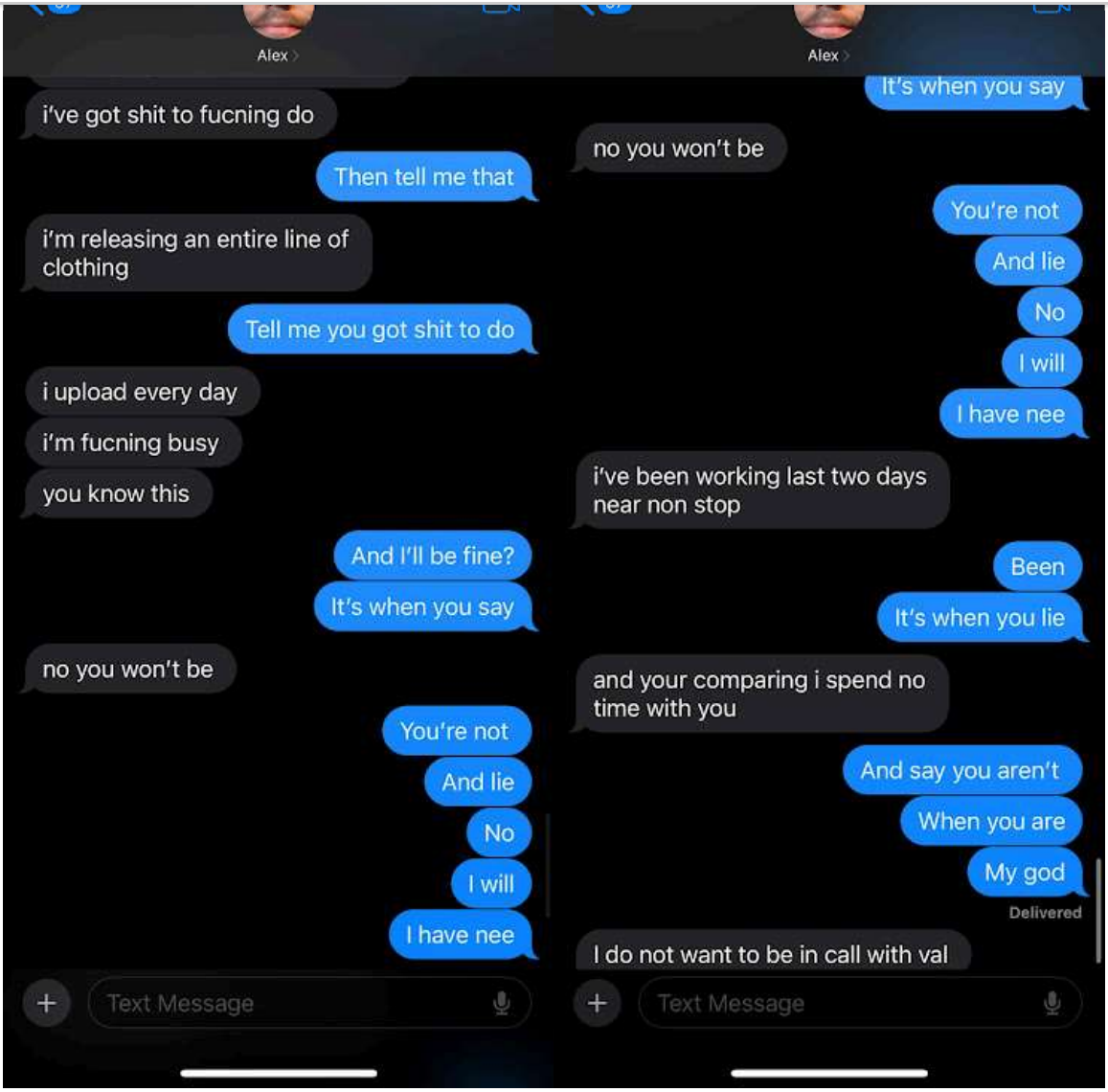
# Response - Read First



# Response - Read First

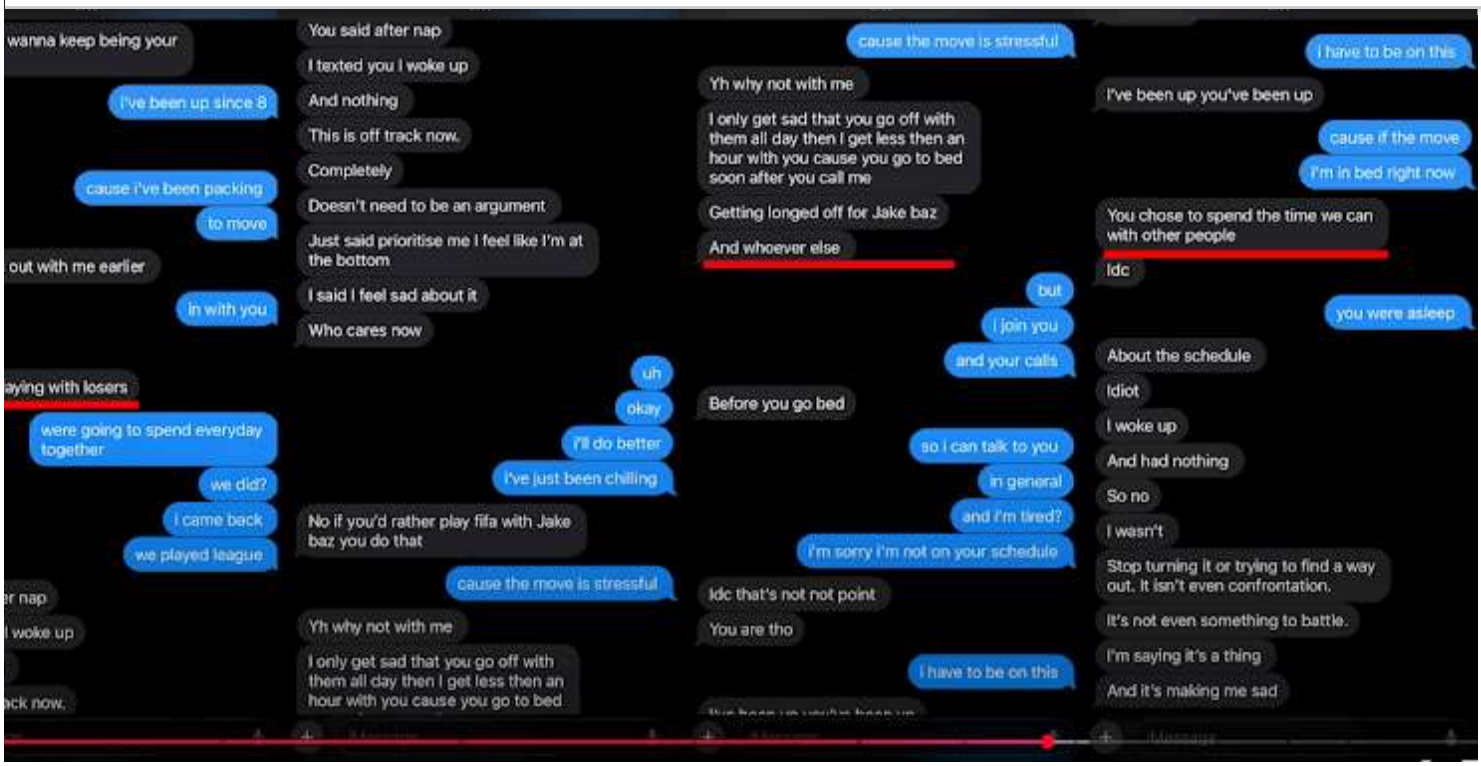

Alex
Just stop
Before you say shit
say fucning sorry
Then regret it
for constantly being on my back
or fuck off
I'm sorry for picking at you.
good
You made me feel so small
So I left
now call me and say sorry
Sorry for that too
Consider my feelings first
mate
u can't just be on me constantly with a mood for no reason
Text Message
Alex
mate
u can't just be on me constantly with a mood for no reason
I wasn't
And I'm not
And sorry.
ever think i don't tell you i'm working cause if you know you do or not
I wanted to be watching something ng with you
Shoot me
you instantly switch up when i'm not paying full attention
i've got shit to fucning do
Then tell me that
i'm releasing an entire line of clothing
Text Message

# Response - Read First

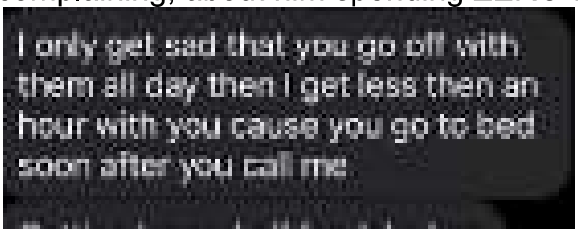


# Response - Read First

# Response - Read First

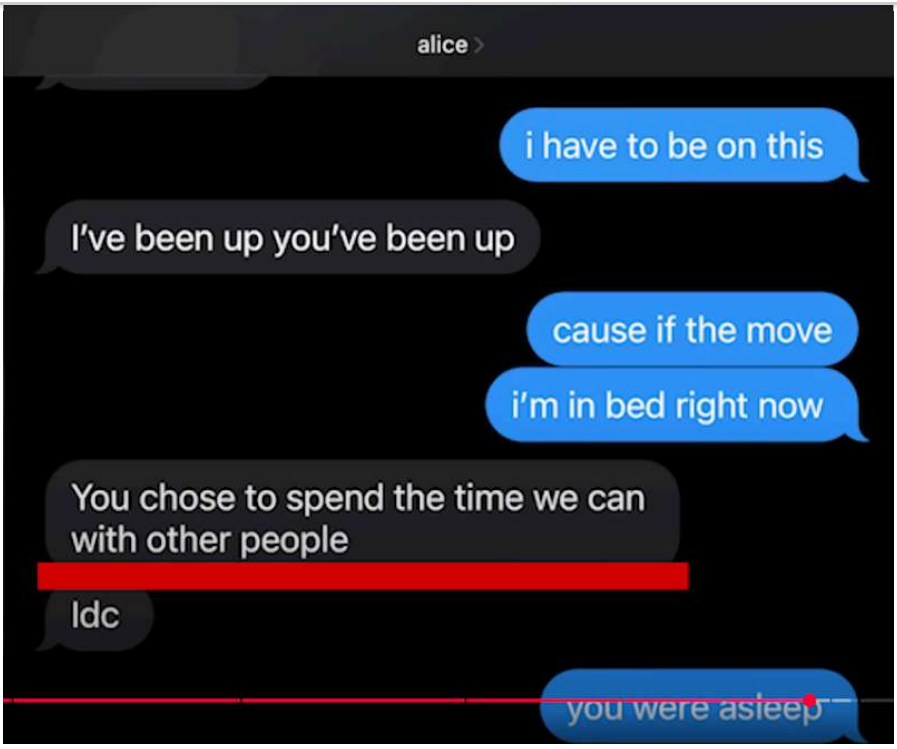

wanna keep being your
I've been up since 8
cause i've been packing
to move
out with me earlier
in with you
aying with losers
were going to spend everyday together
we did?
i came back
we played league
r nap
woke up
ck now.
You said after nap
I texted you I woke up
And nothing
This is off track now.
Completely
Doesn't need to be an argument
Just said prioritise me I feel like I'm at the bottom
I said I feel sad about it
Who cares now
uh
okay
i'll do better
i've just been chilling
No if you'd rather play fifa with Jake baz you do that
cause the move is stressful
Yh why not with me
I only get sad that you go off with them all day then I get less then an hour with you cause you go to bed
cause the move is stressful
Yh why not with me
I only get sad that you go off with them all day then I get less then an hour with you cause you go to bed soon after you call me
Getting longed off for Jake baz
And whoever else
but
i join you
and your calls
Before you go bed
so I can talk to you
in general
and i'm tired?
i'm sorry i'm not on your schedule
Idc that's not not point
You are tho
I have to be on this
I have to be on this
I've been up you've been up
cause if the move
I'm in bed right now
You chose to spend the time we can with other people
Idc
you were asleep
About the schedule
Idiot
I woke up
And had nothing
So no
I wasn't
Stop turning it or trying to find a way out. It isn't even confrontation.
It's not even something to battle.
I'm saying it's a thing
And it's making me sad

Then using this as proof I was being horrible to his friends, Alex spent 0 time with me, so yes i got upset when he decided to play games with his friends that he slagged off all the time and not me. He never spent time with me, not even at dinner time.
After all the things he would tell me about his friends, everything being negative, I was questioning why he would rather spend time playing with them everyday and not spare an hour to hang out with me.
I wasn't trying to be mean to those direct people I mentioned, they're lovely people as I learnt to believe after getting to know them.
In his own screenshots if you paused and read them, do not read what he says. Yes I was complaining, about him spending ZERO time with me and telling him I'm sad about it.

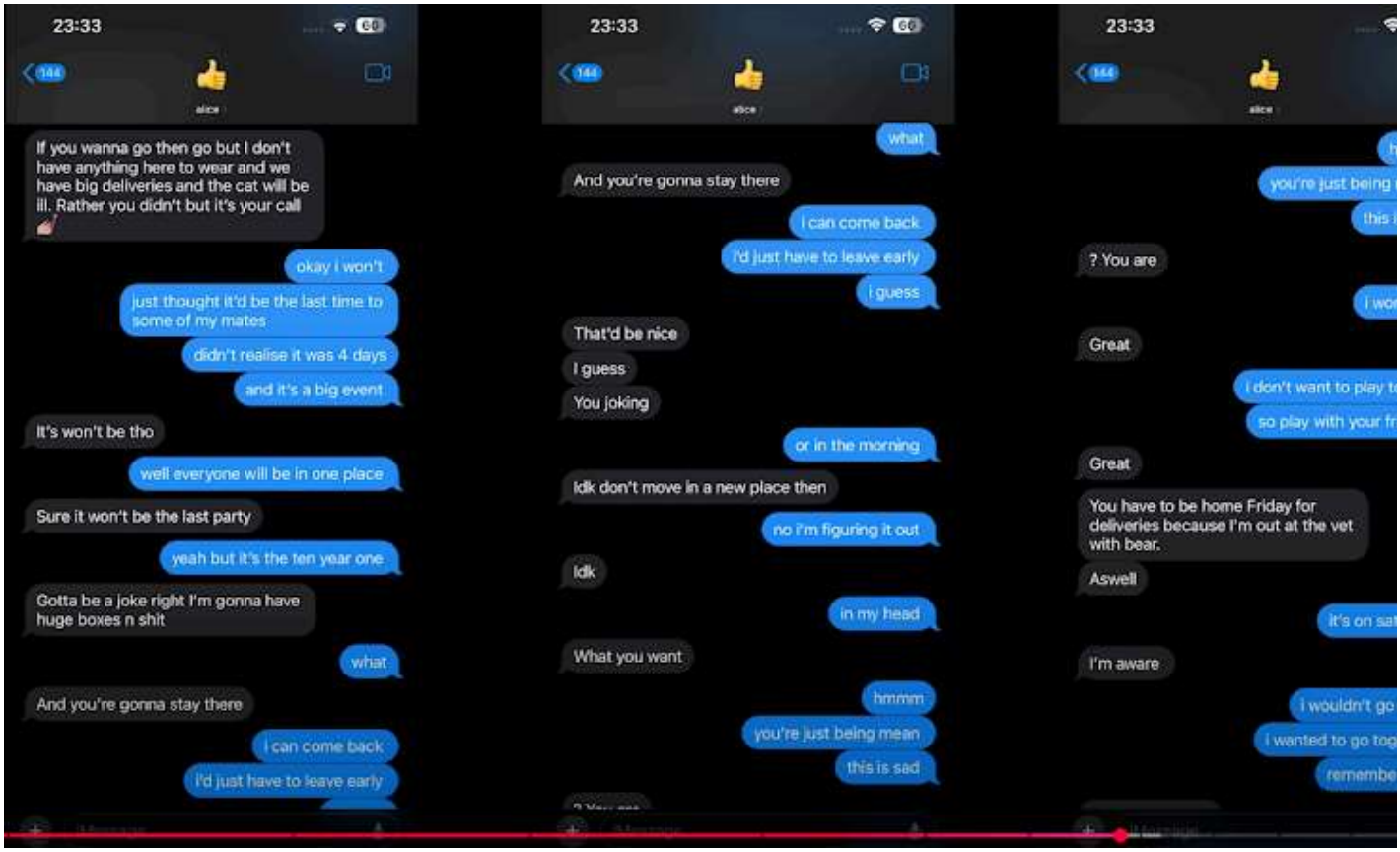



Proof he spent all day with them, and i didnt stop him.

# Response - Read First

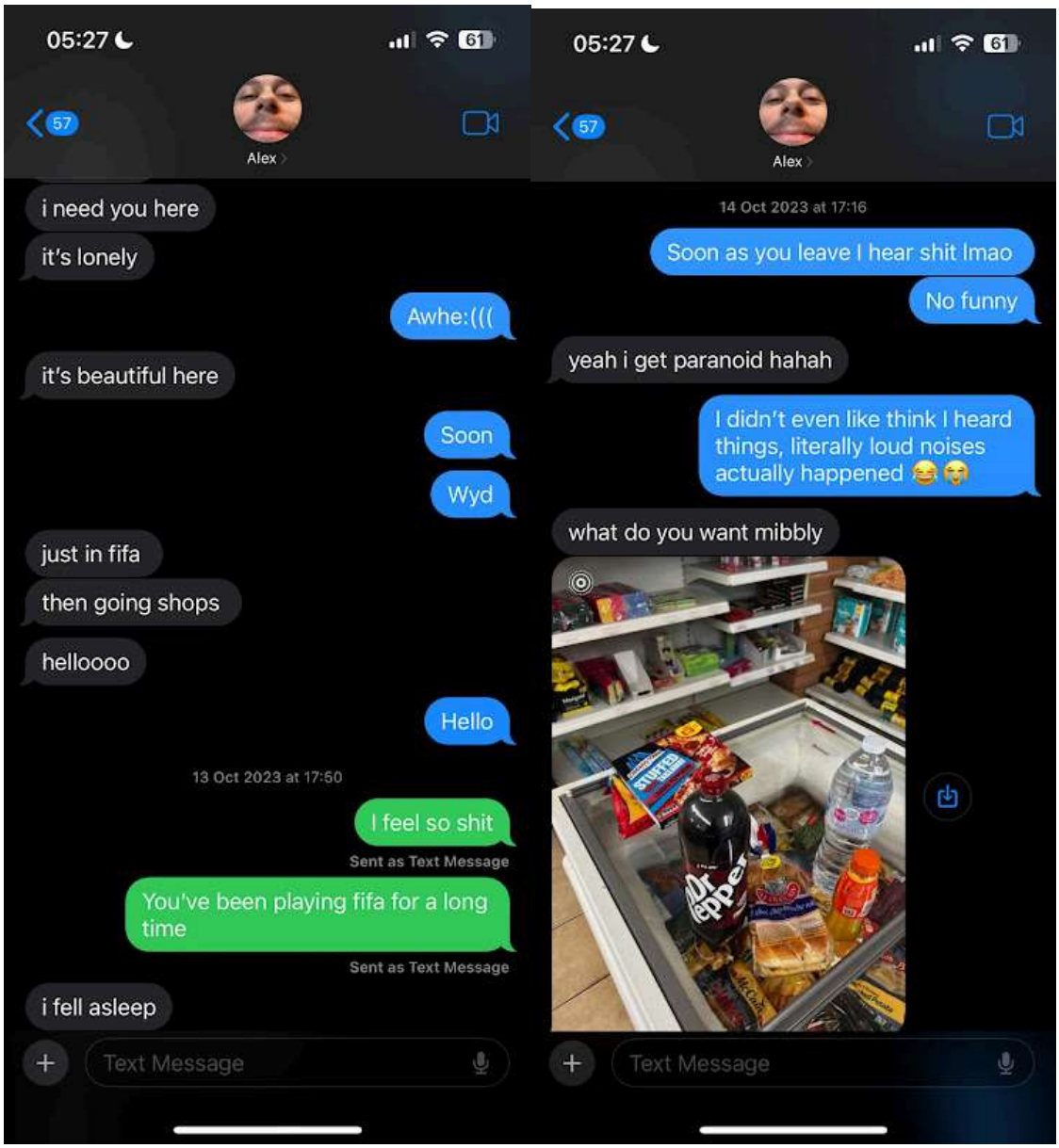

alice
i have to be on this
I've been up you've been up
cause if the move
i'm in bed right now
You chose to spend the time we can with other people
Idc
you were asleep

He pulls up the same text using this as proof of me “not letting him see his friends”
He was with his friends daily, and I even pushed him to invite them over. He is lying.
His argument here makes no sense if he's saying “never let him”.


23:33
If you wanna go then go but I don't have anything here to wear and we have big deliveries and the cat will be ill. Rather you didn't but it's your call
okay i won't
just thought it'd be the last time to some of my mates
didn't realise it was 4 days
and it's a big event
It's won't be tho
well everyone will be in one place
Sure it won't be the last party
yeah but it's the ten year one
Gotta be a joke right I'm gonna have huge boxes n shit
what
And you're gonna stay there
I can come back
i'd just have to leave early
23:33
what
And you're gonna stay there
I can come back
i'd just have to leave early
i guess
That'd be nice
I guess
You joking
or in the morning
Idk don't move in a new place then
no i'm figuring it out
Idk
in my head
What you want
hmmm
you're just being mean
this is sad
23:33
you're just being
this
? You are
Great
i don't want to play
so play with your
Great
You have to be home Friday for deliveries because I'm out at the vet with bear.
Aswell
it's on
I'm aware
i wouldn't go
i wanted to go
remembe

# Response - Read First

18th, just 4 days after moving in, we had been putting in the fridge, washing machine etc at the time and that's what the big deliveries are. On top of this bear was a kitten having his neutering surgery and needed monitoring for the day and after.
He then claims that the things he had to do on the days i asked him to stay home “didn't happen” thats a lie to fit his manipulated narrative. We did have deliveries I needed help with, they're big and heavy and I couldn't deal with them alone.
I thought it was very irresponsible of alex to not understand why i favoured him staying home with me at the time.




Showing before the 13th Alex was alone in the house and I hadn't moved in with him yet as I needed to sort a moving van.
Then showing me now living with him on the 14th.

# Response - Read First

Alex
can you come to our bedroom
i want a kiss
18 Oct 2023 at 19:28
Ding
hi
WiFi is being bad
i'm uploading
Ah
ethernet?
Yh everything went white
Can't do anything
If you wanna go then go but I don't have anything here to wear and we have big deliveries and the cat will be ill. Rather you didn't but it's your call
okay i won't
Text Message

This conversation happens on the 18th, 4 days after moving in with him.
He claims he wasn't allowed friends over, that was a lie. He mentioned his friends were planning to come stay over many times and not once did I ever tell him no. Alex shows no proof of his claim again as it was a lie.

# Response - Read First

About living together, there was no talk with Alex asking me to move in with him, it was assumed. Yes i helped him with viewings and that was after the fact, it does not prove i didn't feel scared about living together. Which I have proved happened in this document.
He uses this to defend his lie that i never showed concern to living with him, this is because he would tell me things will be okay and he will be better when we move in together, but i have added the argument in this document of me telling alex im scared to move in with him, and him getting angry with me.

# Response - Read First

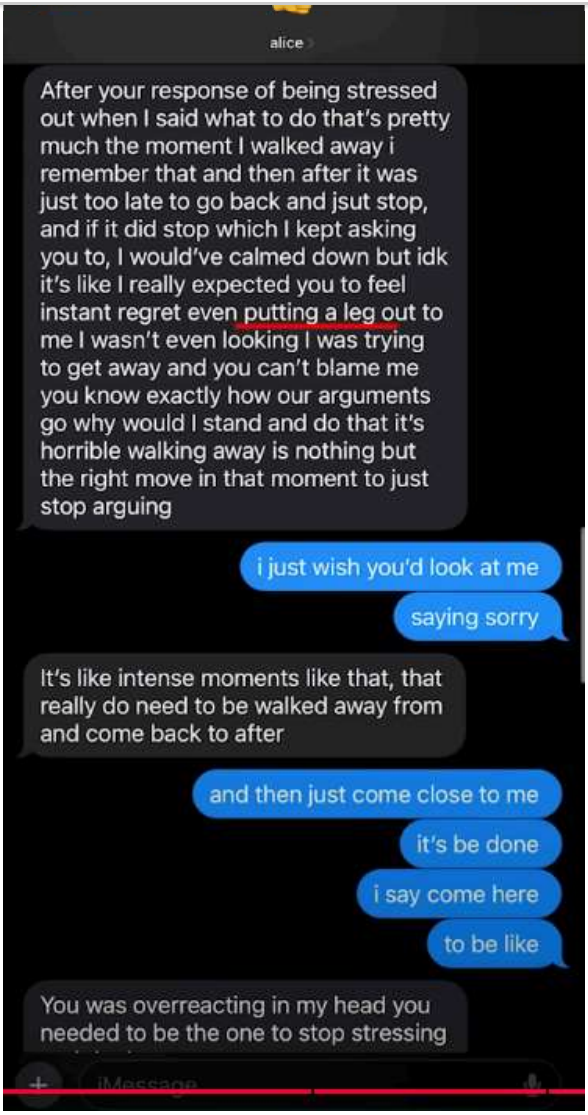
Alex
to accommodate you
offer to bring you a headset
Sort your head out
and then you start going on about how your scared to move
just die in a fucking hole
With you
A cunt
you sad little cunt
Who does this
Will do
You had to reassure me
oooo my feelings
That it will be okay
yeah i heard you the first 10 times
I WAS
Text Message

.

I linked this whole conversation in this document already so i wont again, but this was another conversation where we spoke, i told him in scared and needed reassurance he would be better when we move and he treated me like shit for it. I will forever apologise for using the insults i did, but that doesn't change the fact i was vulnerable then shat on, i was reacting.

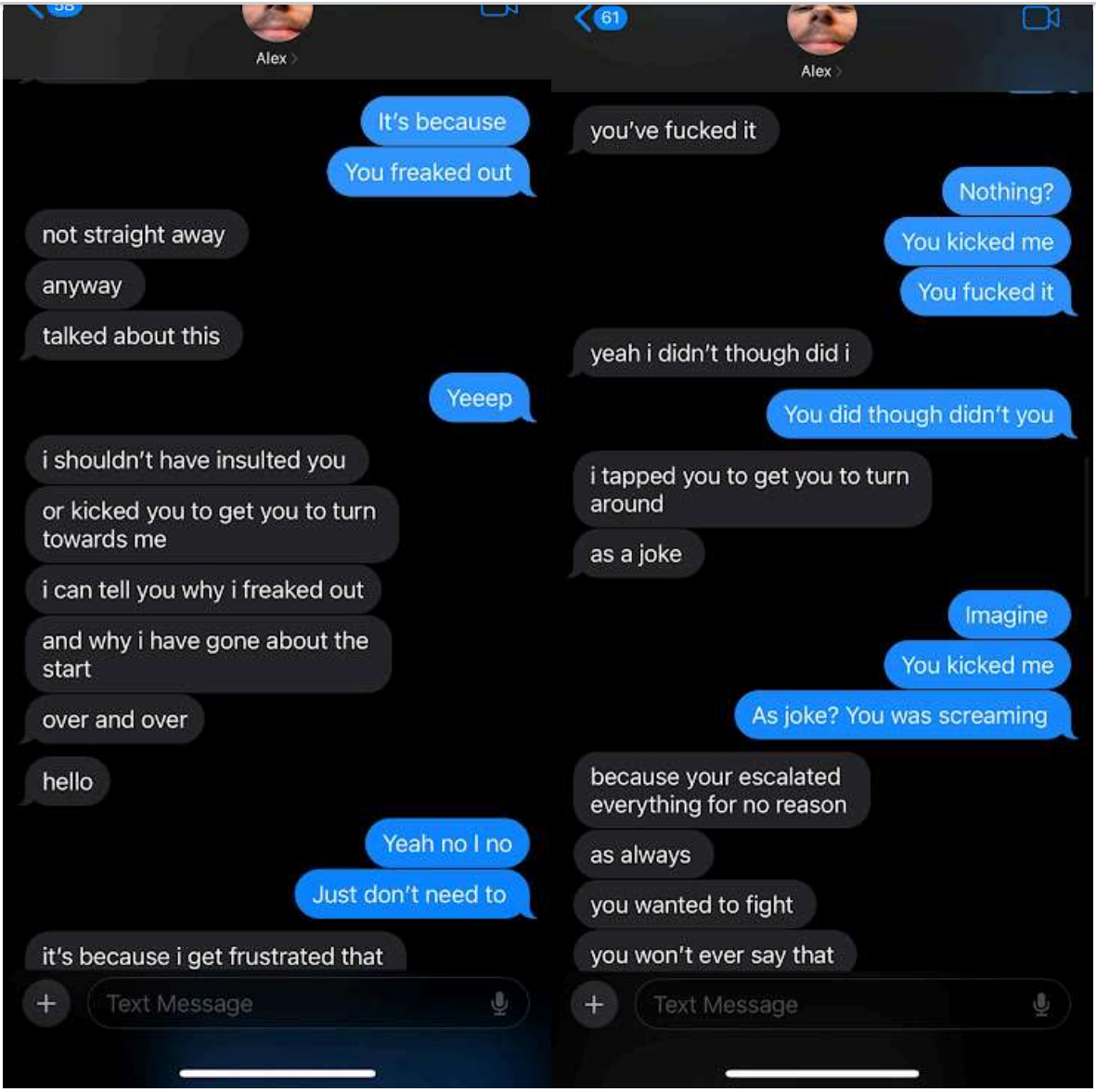
He claims he was the only one complaining about being “physically abused” yet Alex is talking about how he would use the fact i pushed him, as a “yea i did this but hey you did this!” when he then develops this story into a punch, then punch in the face. I correct him in every single conversation, the conversations of me bringing up him being physical, he literally admits to in some text messages, he says “i had to do something” or “it was a joke, i kicked you to get your attention”. He has lied and made me look as if I hit him constantly by manipulating the one and only incident that I even admitted to in my own statement where I slapped him once, out of fear and defending myself. Someone who was being “abused” by me would not egg me to do this then once i break and leave, keep ringing me to come back.

# Response - Read First


alice
After your response of being stressed out when I said what to do that's pretty much the moment I walked away i remember that and then after it was just too late to go back and jsut stop, and if it did stop which I kept asking you to, I would've calmed down but idk it's like I really expected you to feel instant regret even putting a leg out to me I wasn't even looking I was trying to get away and you can't blame me you know exactly how our arguments go why would I stand and do that it's horrible walking away is nothing but the right move in that moment to just stop arguing
i just wish you'd look at me
saying sorry
It's like intense moments like that, that really do need to be walked away from and come back to after
and then just come close to me
it's be done
i say come here
to be like
You was overreacting in my head you needed to be the one to stop stressing
iMessage

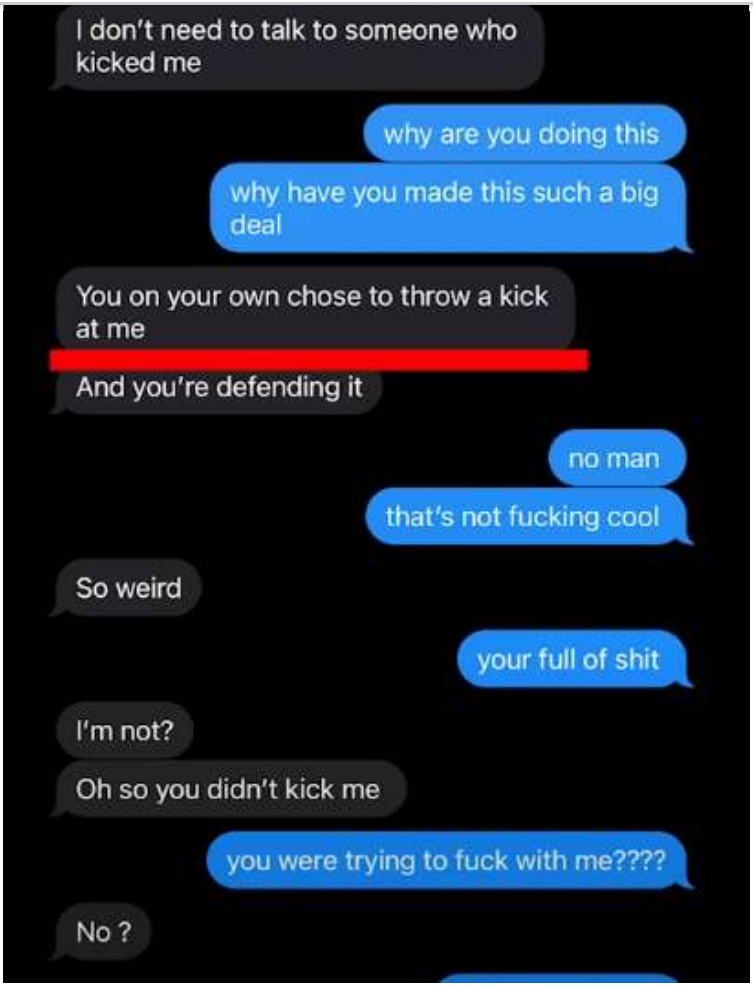
He uses this as “proof” of the story changing, Alex did kick me. This was after everything had happened and I was making excuses for him because I felt bad for him. I always felt bad for him after he would be horrible to me then grovel saying sorry and making excuses as to why and I believed him every time.
I'm going to be linking an audio, it's 30 minutes long. It's a voice note Alex sent me after I asked him to leave me alone. It's from the multiple unsent messages, he admits to kicking me in this audio. Alex is lying in his video, and has been since the very first second of recording. These voice messages are probably the most genuine you will hear Alex being, but he chose to lie and try to drag me down with him as if I was an abuser in his video. If I “manipulated” him to send voice notes, he would've known I had these, and stuck to the truth in his video.

# Response - Read First



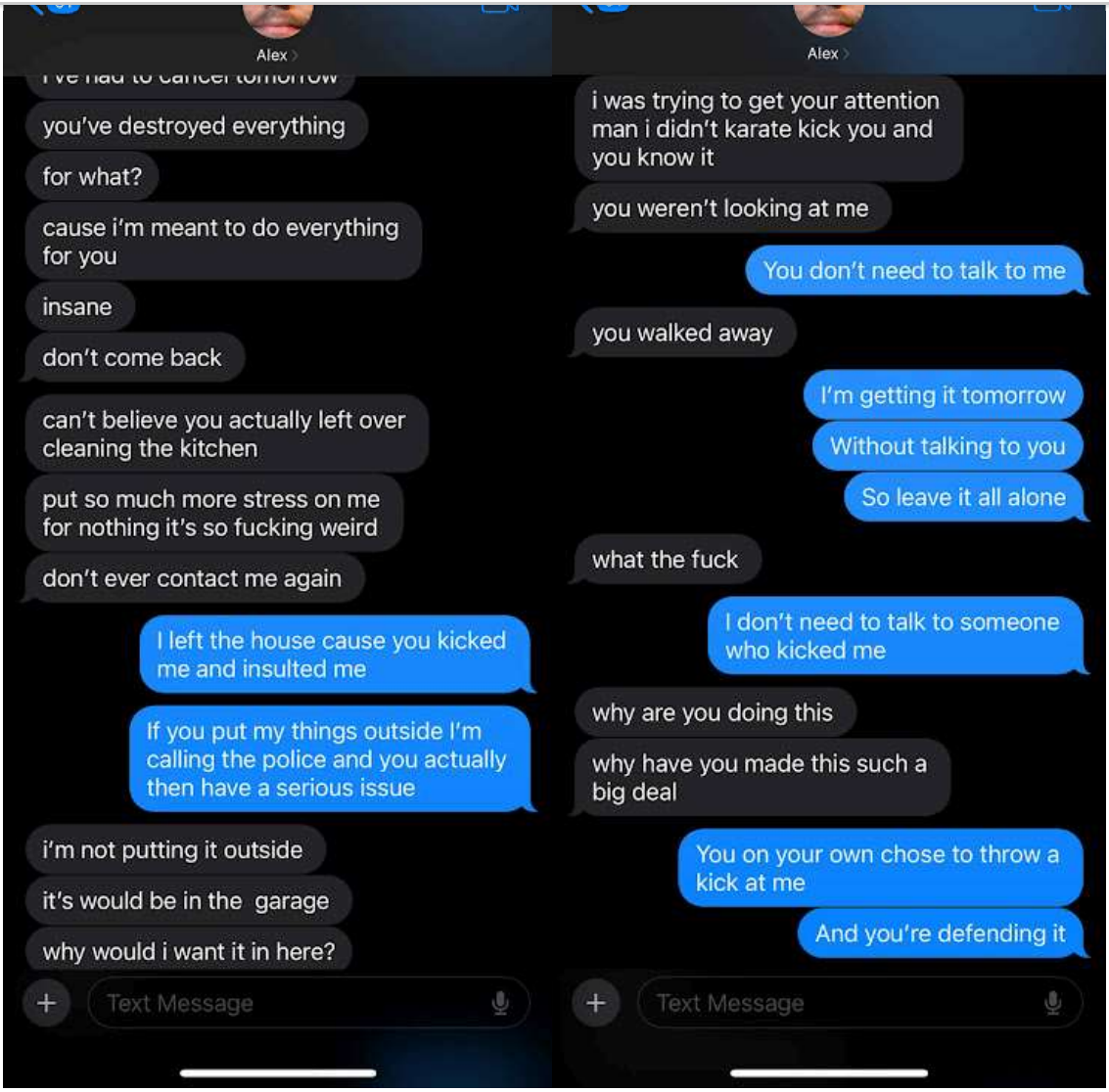

Two occasions of admitting to kicking me.

# Response - Read First


I don't need to talk to someone who kicked me
why are you doing this
why have you made this such a big deal
You on your own chose to throw a kick at me
And you're defending it
no man
that's not fucking cool
So weird
your full of shit
I'm not?
Oh so you didn't kick me
you were trying to fuck with me????
No ?

He uses this and claims i never brought it up after the event took place, yet i've shared the whole conversation in this document where i keep telling him it is the reason i left, **on the same day of leaving him.** He is confidently lying again here.

# Response - Read First


Alex
you've destroyed everything
for what?
cause i'm meant to do everything for you
insane
don't come back
can't believe you actually left over cleaning the kitchen
put so much more stress on me for nothing it's so fucking weird
don't ever contact me again
I left the house cause you kicked me and insulted me
If you put my things outside I'm calling the police and you actually then have a serious issue
i'm not putting it outside
it's would be in the garage
why would i want it in here?
Text Message
Alex
i was trying to get your attention man i didn't karate kick you and you know it
you weren't looking at me
You don't need to talk to me
you walked away
I'm getting it tomorrow
Without talking to you
So leave it all alone
what the fuck
I don't need to talk to someone who kicked me
why are you doing this
why have you made this such a big deal
You on your own chose to throw a kick at me
And you're defending it
Text Message

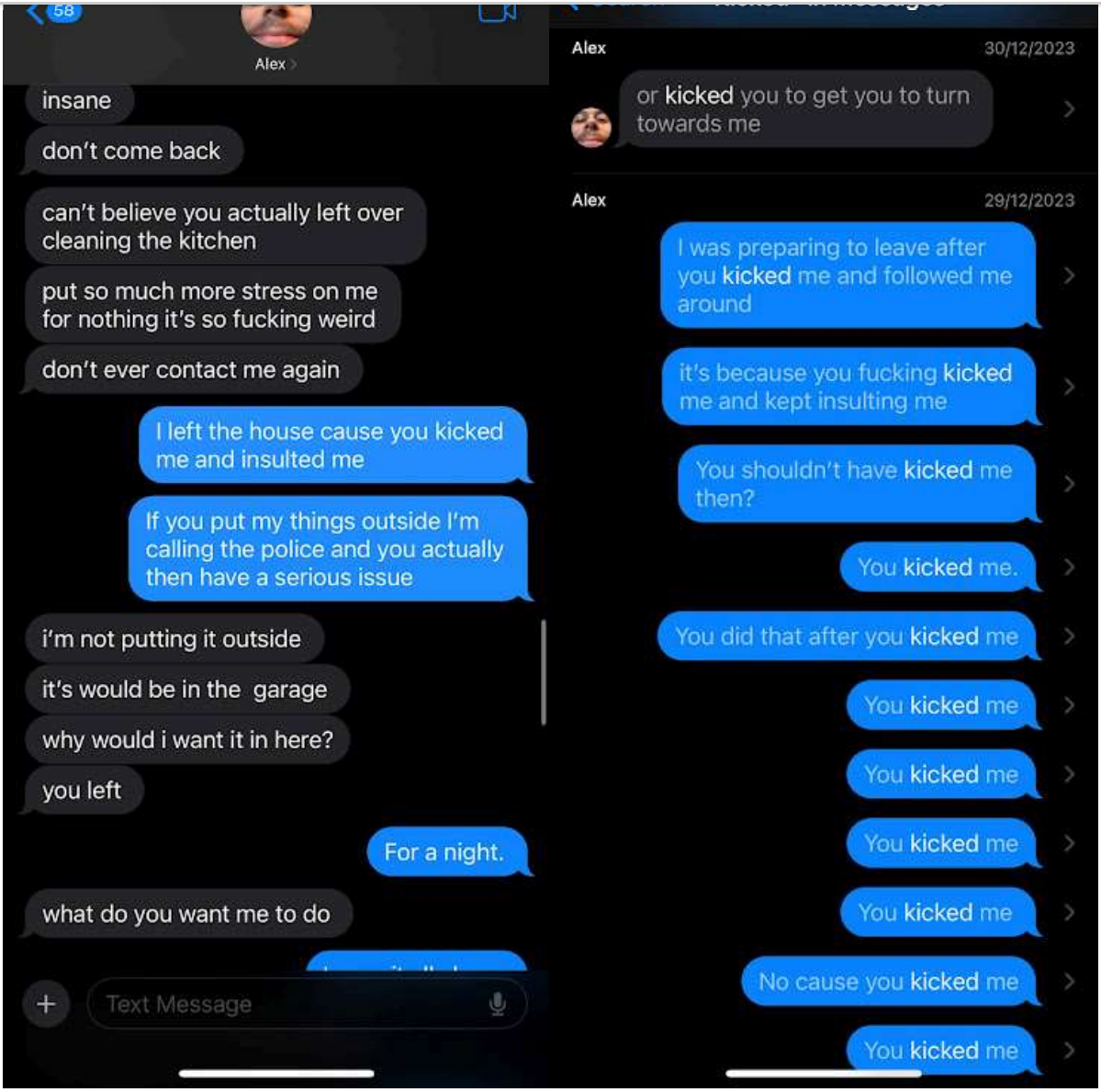
The whole conversation is in the document further up.

He then claims i bring up him kicking me “throughout our relationship” when it is only ever mentioned after he does it and i move out when he just denied i ever brought it up to him. He shows no proof of his claim, because it's a lie.  He then claims the video of him chasing me is not after kicking me, yet again lying.

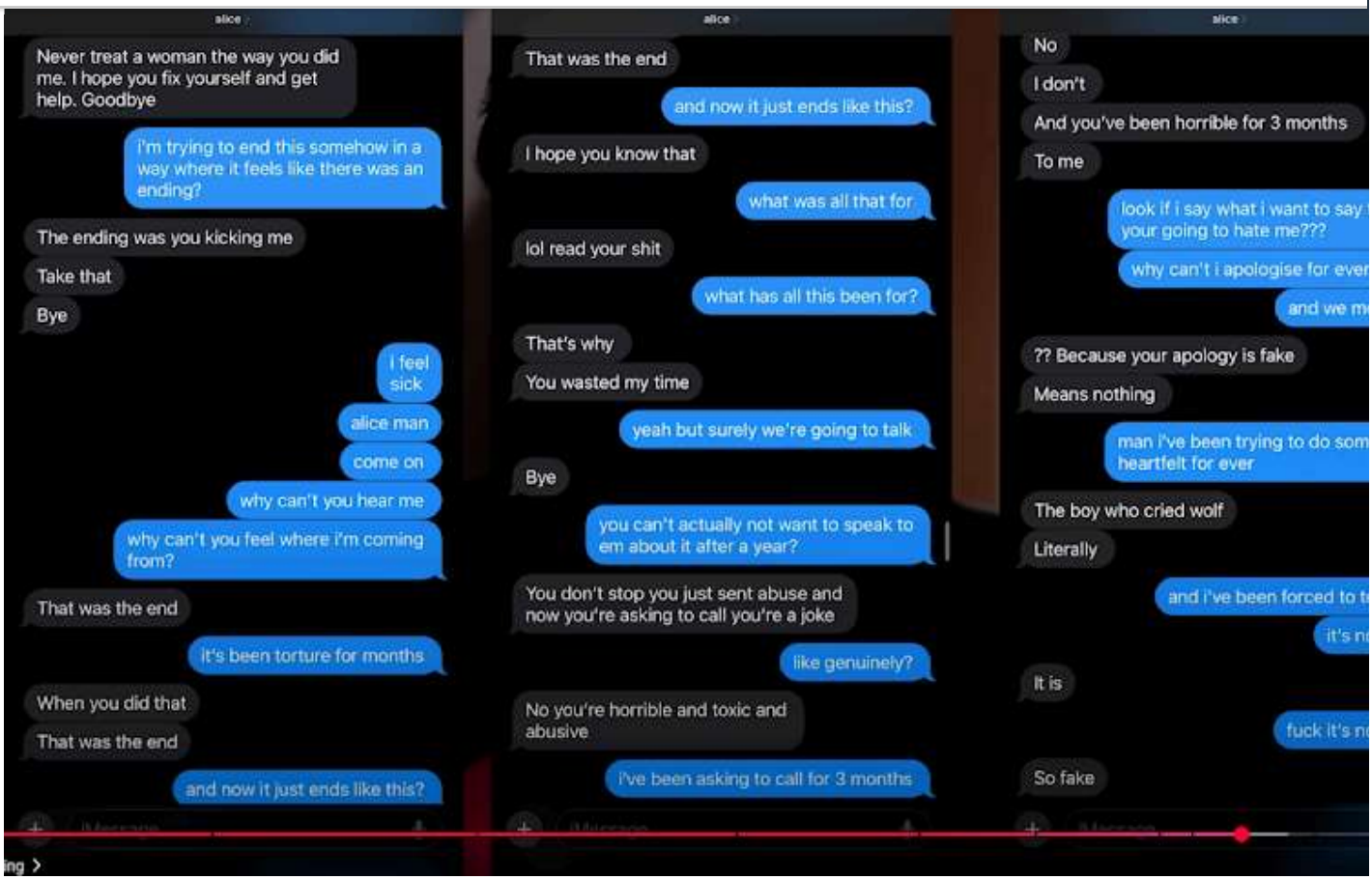
# Response - Read First

At the end of the video you can see i'm in the living room, this aligns with what i said, where after he kicked me he followed me around as i grabbed things to leave with bear, after i stop recording he came into the living room to try say sorry and try hug me, i don't want to hug him, he gets up and says “don't say i didn't try” and leaves. This video is linked in my first statement.
He claims the reason for him chasing me is because i “hit him” and “threatened him” this again is a lie. You can see in the conversation I linked where I just left the house I keep telling him I left because he kicked me, not once does he claim I “hit him” in these messages, because he is lying and manipulating this story instead of taking accountability.
He says in his video again, that me recording him from being scared is a “lie” and that he hasn't kicked me, again Alex is lying and I feel I've added enough evidence by now for this to be clear that this did happen.
He then says this was after i “hit him” on the sofa, yet this whole event happened in the kitchen, he is again lying. I did not “assault” alex.

# Response - Read First


58
Alex
insane
don't come back
can't believe you actually left over cleaning the kitchen
put so much more stress on me for nothing it's so fucking weird
don't ever contact me again
I left the house cause you kicked me and insulted me
If you put my things outside I'm calling the police and you actually then have a serious issue
i'm not putting it outside
it's would be in the garage
why would i want it in here?
you left
For a night.
what do you want me to do
Text Message
Alex
30/12/2023
or kicked you to get you to turn towards me
Alex
29/12/2023
I was preparing to leave after you kicked me and followed me around
it's because you fucking kicked me and kept insulting me
You shouldn't have kicked me then?
You kicked me.
You did that after you kicked me
You kicked me
You kicked me
You kicked me
You kicked me
No cause you kicked me
You kicked me

# Response - Read First


alice
Never treat a woman the way you did me. I hope you fix yourself and get help. Goodbye
i'm trying to end this somehow in a way where it feels like there was an ending?
The ending was you kicking me
Take that
Bye
I feel sick
alice man
come on
why can't you hear me
why can't you feel where i'm coming from?
That was the end
it's been torture for months
When you did that
That was the end
and now it just ends like this?
alice
That was the end
and now it just ends like this?
I hope you know that
what was all that for
lol read your shit
what has all this been for?
That's why
You wasted my time
yeah but surely we're going to talk
Bye
you can't actually not want to speak to em about it after a year?
You don't stop you just sent abuse and now you're asking to call you're a joke
like genuinely?
No you're horrible and toxic and abusive
i've been asking to call for 3 months
alice
No
I don't
And you've been horrible for 3 months
To me
look if i say what i want to say your going to hate me???
why can't i apologise for ever
and we m
?? Because your apology is fake
Means nothing
man i've been trying to do som heartfelt for ever
The boy who cried wolf
Literally
and i've been forced to t
it's n
It is
fuck it's n
So fake

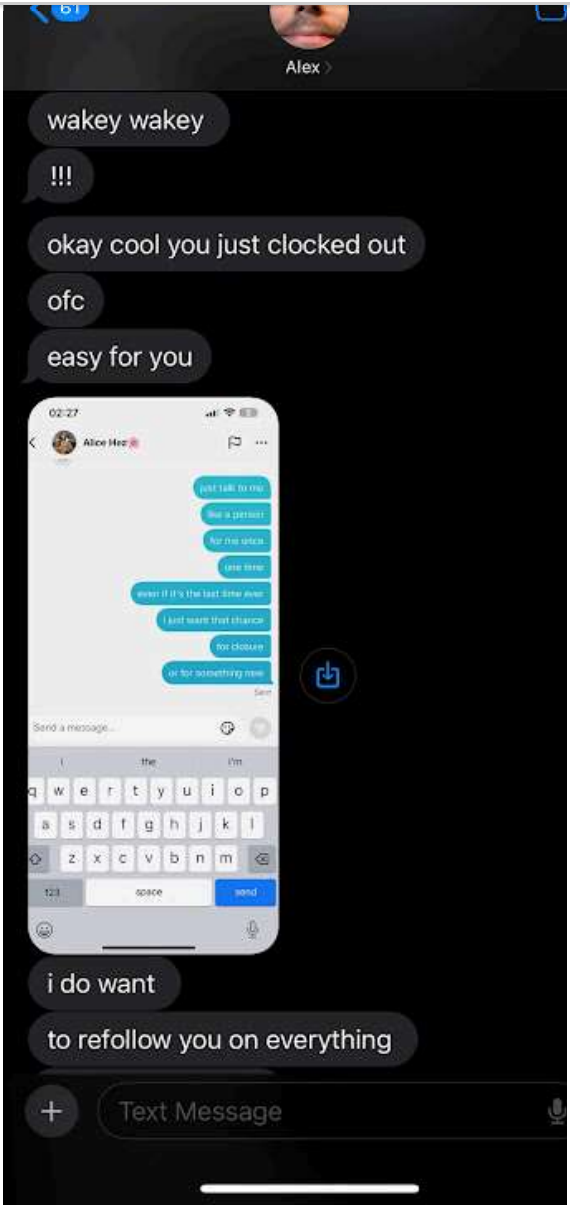
He uses this and says i kept changing the story to “sound worse” not once have i fabricated or lied about anything to make anything sound worse, unlike alex in this video. There screenshots he's shown are AFTER arguments that happened again and again after leaving, all he did was insult and remind me of the person he really was, i never asked for an apology for kicking me, it wouldn't have fixed it or made me forgive him, i do however tell him that if he apologised at the time he kicked me, things may have been different.

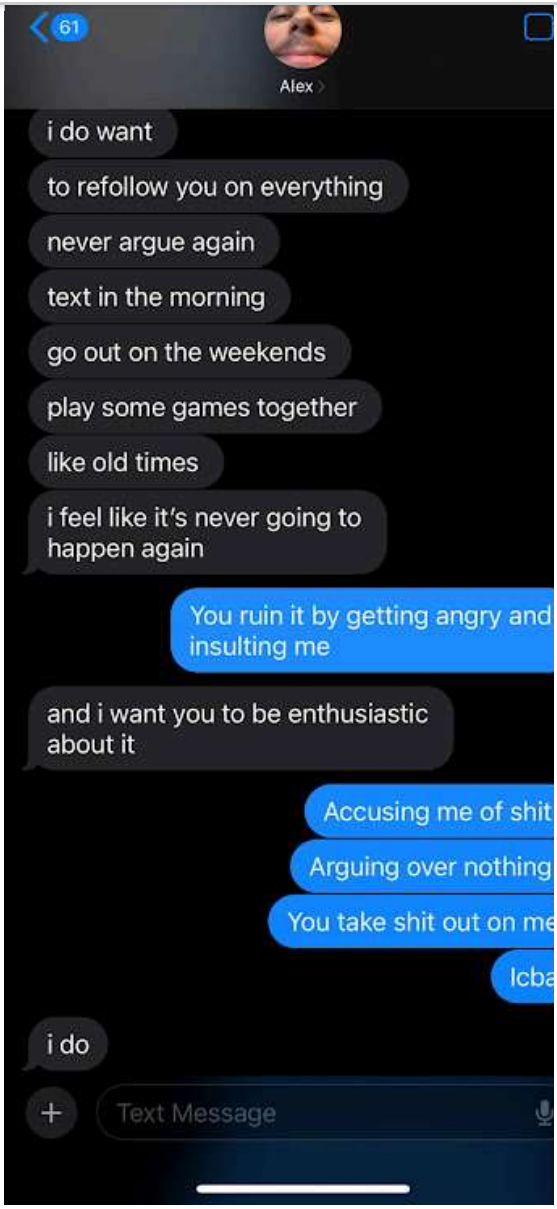
These screenshots are just proof that he was trying to fix things for a long time, then kept fucking up by insulting or giving me shit, not once do i manipulate him to do this.

For context that i'll give as alex missed on doing that, these texts are in march, way further into being split up, and me listening to him try, argue and be toxic again to then say sorry, this was a cycle i was VERY done with, and came to the conclusion he would not change.

We were for days, arguing over who follows who, as he admits to following ex’s to get my attention and hurt me in voice notes i've now attached after trying to make me seem “controlling” he would accuse me of the same.

# Response - Read First





61
Alex
i do want
to refollow you on everything
never argue again
text in the morning
go out on the weekends
play some games together
like old times
i feel like it's never going to happen again
You ruin it by getting angry and insulting me
and i want you to be enthusiastic about it
Accusing me of shit
Arguing over nothing
You take shit out on me
Icba
i do
Text Message

# Response - Read First

Alex
Arguing over nothing
You take shit out on me
Icba
i do
I don't want that because I'll always have that from you
I don't want this because you'll never stop doing that to me
Ever
but genuinely how do you even know that
if we never talk?
I know because I gave you 8 months to stop
Actually
have you not thought that if we had talked by now i would have lost all of the anxiety
lol you ruined that chance
Text Message

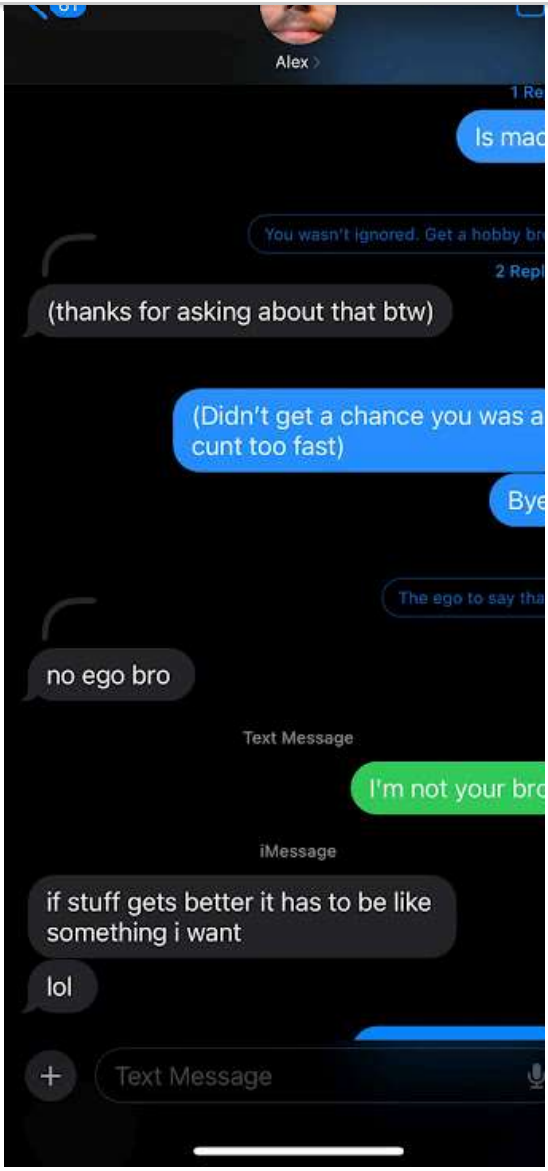
Alex
had talked by now i would have lost all of the anxiety
lol you ruined that chance
By insulting me and being horrible
yeah well it's different now idk
Maybe don't do that and you'd get that
just feels like we didn't try everything
lo
You didn't
No
You didn't try NOT insulting me
i mean i've done all i can lol
i can't do more than ask?
You didn't try to stop being a cunt
yes i did
Text Message

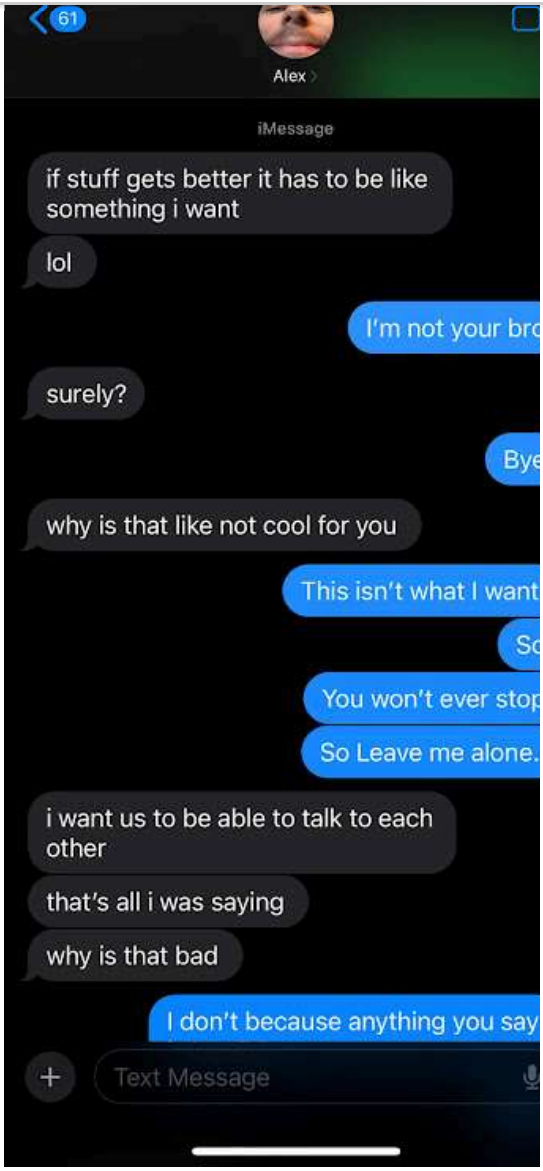
# Response - Read First

61
Alex
You didn't try to stop being a cunt
yes i did
we know i did
that's all you can then I don't want it because like I said
but i'm not getting ignored man
You'll never stop doing those things
Yeep
You wasn't
i really don't know what to stab
Goodbye
says
we're not dating again if being on dnd is the new normal
You wasn't ignored. Get a hobby
Text Message

61
Alex
dnd is the new normal
You wasn't ignored. Get a hobby bro
2 Repl
like
sorry ?
We aren't dating on your accord I'm sorry if dnd is a deal breaking but you have many more
So
You wasn't ignored. Get a hobby br
2 Repl
man was on call with a girl who has leukemia today
The ego to say that
1 Re
Is mac
Text Message

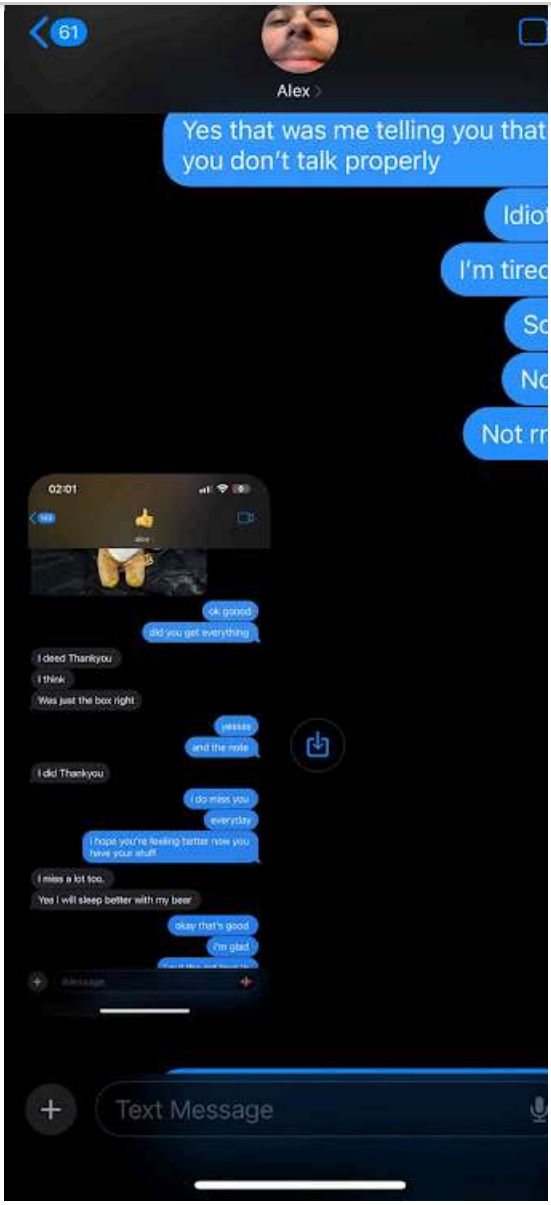
# Response - Read First



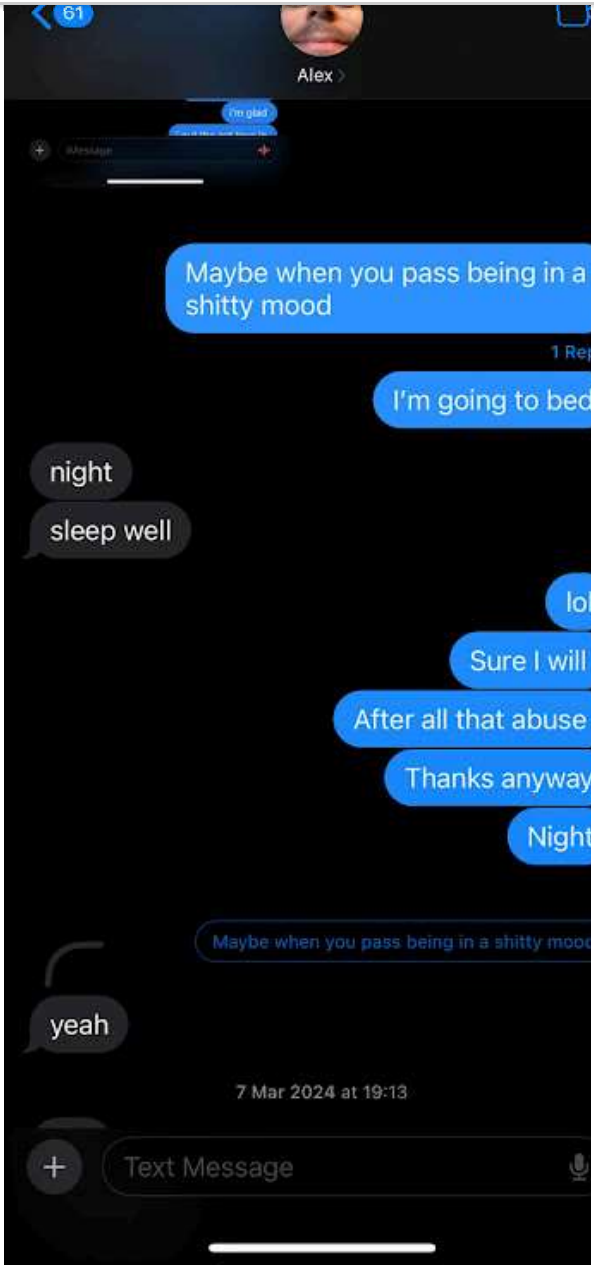


61
Alex
iMessage
if stuff gets better it has to be like something i want
lol
I'm not your bro
surely?
Bye
why is that like not cool for you
This isn't what I want
So
You won't ever stop
So Leave me alone.
i want us to be able to talk to each other
that's all i was saying
why is that bad
I don't because anything you say
Text Message

# Response - Read First

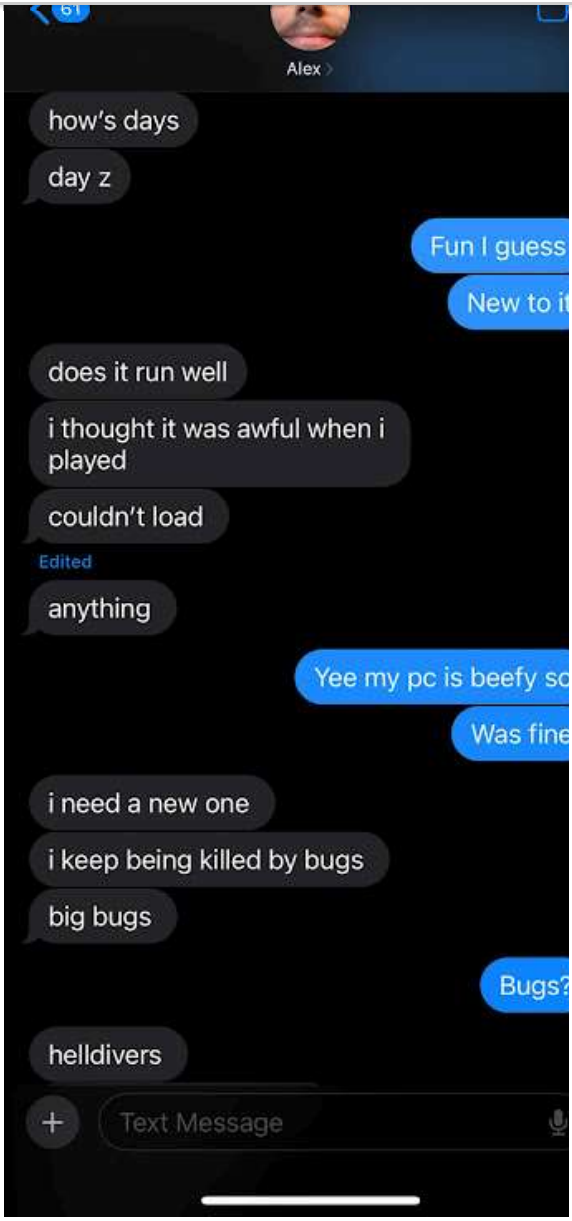
Alex
i want us to be able to talk to each other
that's all i was saying
why is that bad
I don't because anything you say is horrible
Bye
you actually agree
but you didn't when i say it
you said earlier you want to talk properly t
im telling you i have been trying
to move this into a better space
i want us to talk about our feeling
what we want
etc
Yes that was me telling you that you don't talk properly
Text Message

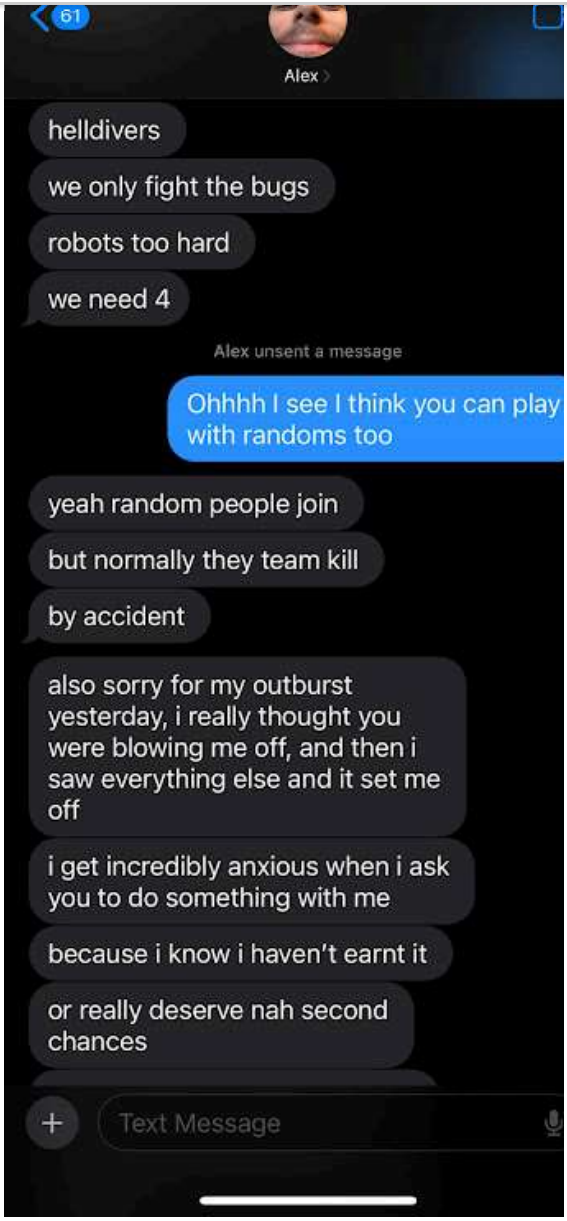


# Response - Read First

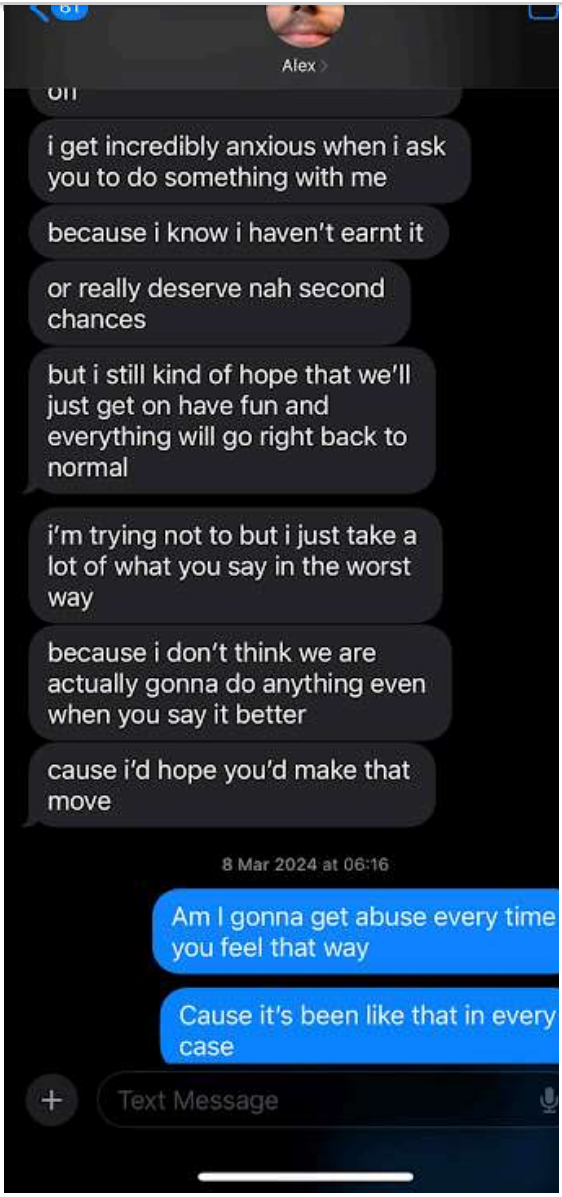


# Response - Read First



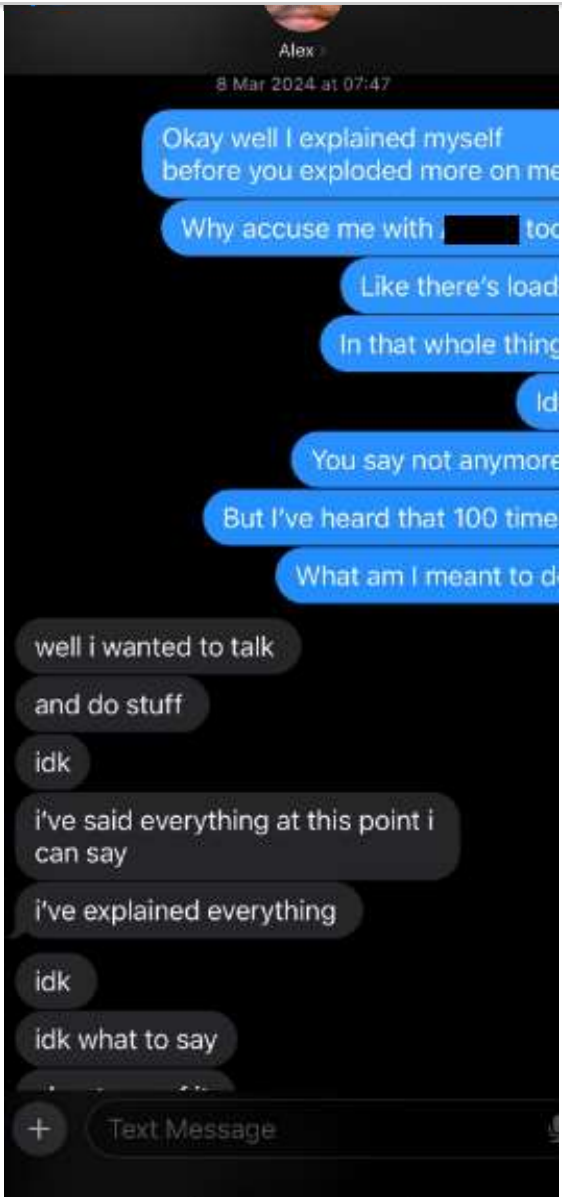


61
Alex
helldivers
we only fight the bugs
robots too hard
we need 4
Alex unsent a message
Ohhhh I see I think you can play with randoms too
yeah random people join
but normally they team kill
by accident
also sorry for my outburst yesterday, i really thought you were blowing me off, and then i saw everything else and it set me off
i get incredibly anxious when i ask you to do something with me
because i know i haven't earnt it
or really deserve nah second chances
Text Message

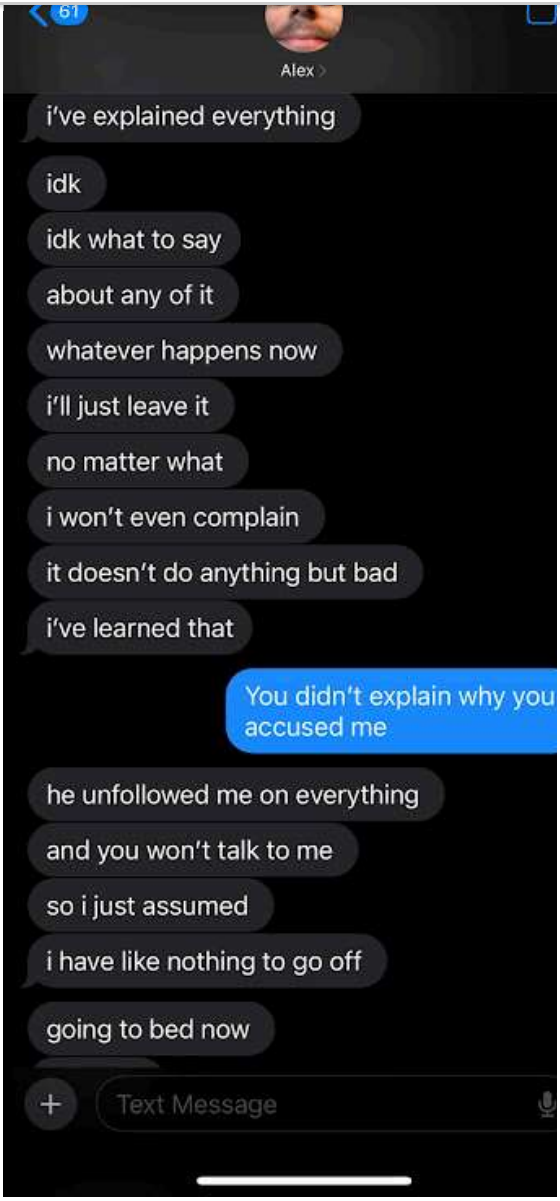
# Response - Read First


Alex
i get incredibly anxious when i ask you to do something with me
because i know i haven't earnt it
or really deserve nah second chances
but i still kind of hope that we'll just get on have fun and everything will go right back to normal
i'm trying not to but i just take a lot of what you say in the worst way
because i don't think we are actually gonna do anything even when you say it better
cause i'd hope you'd make that move
8 Mar 2024 at 06:16
Am I gonna get abuse every time you feel that way
Cause it's been like that in every case
Text Message

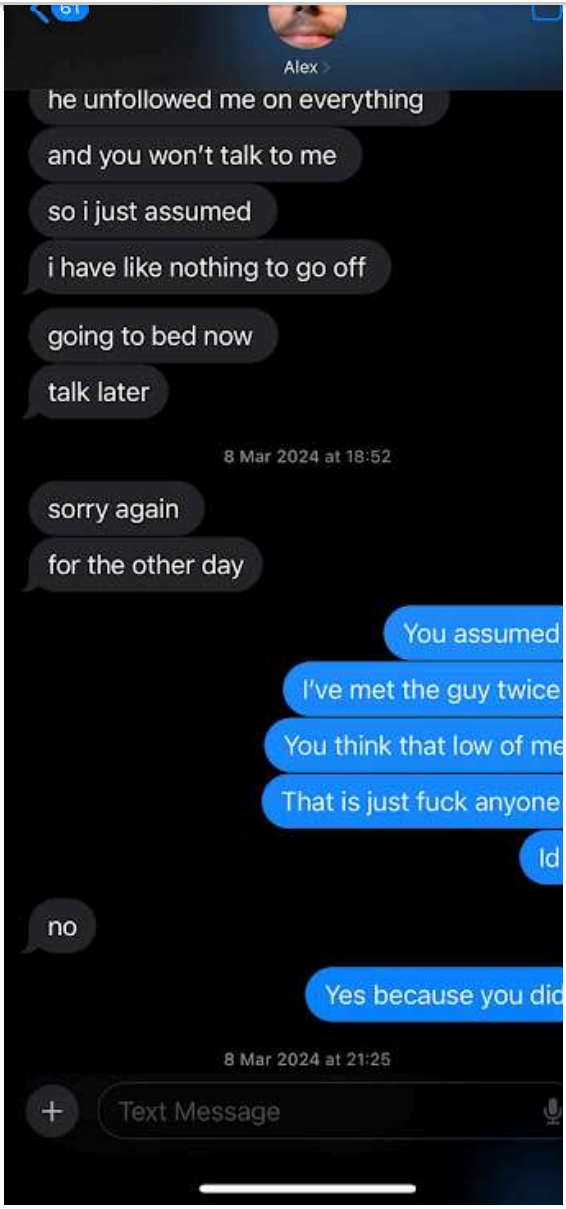
Alex
8 Mar 2024 at 06:16
Am I gonna get abuse every time you feel that way
Cause it's been like that in every case
I just don't want
no
not anymore
i genuinely though you need laughing at me
then i had that call with that girl
and i felt awful
8 Mar 2024 at 07:47
Okay well I explained myself before you exploded more on me
Why accuse me with
Like there's load
In that whole thing
Text Message

# Response - Read First


Alex
8 Mar 2024 at 07:47
Okay well I explained myself before you exploded more on me
Why accuse me with [redacted] too
Like there's load
In that whole thing
Id
You say not anymore
But I've heard that 100 time
What am I meant to d
well i wanted to talk
and do stuff
idk
i've said everything at this point i can say
i've explained everything
idk
idk what to say
Text Message

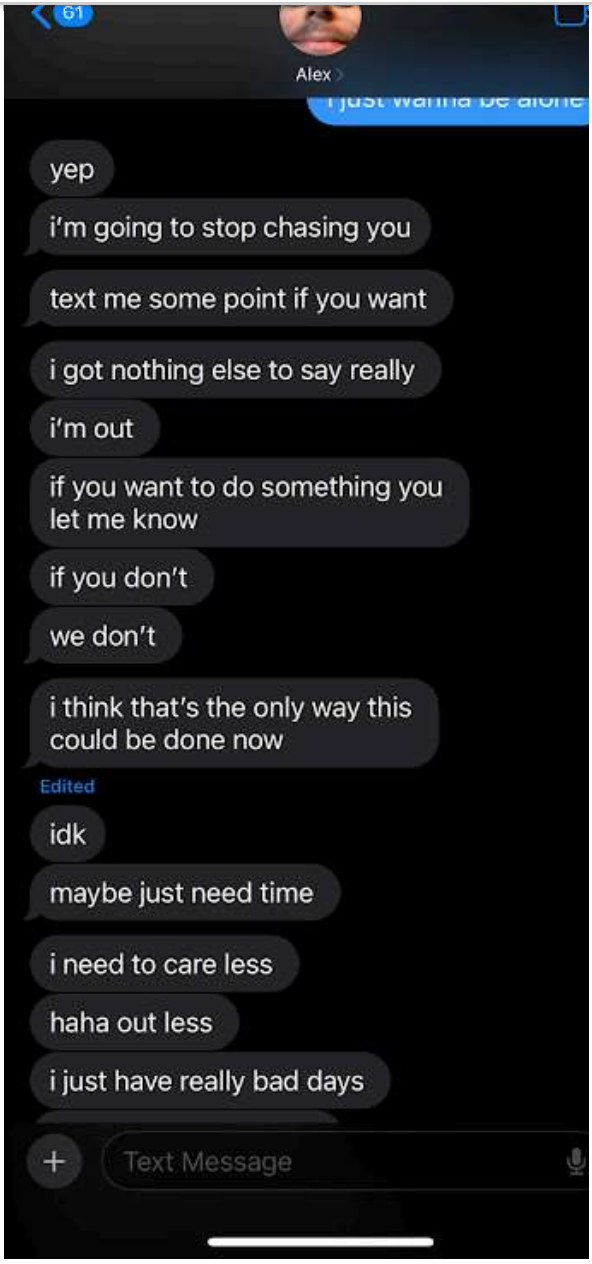


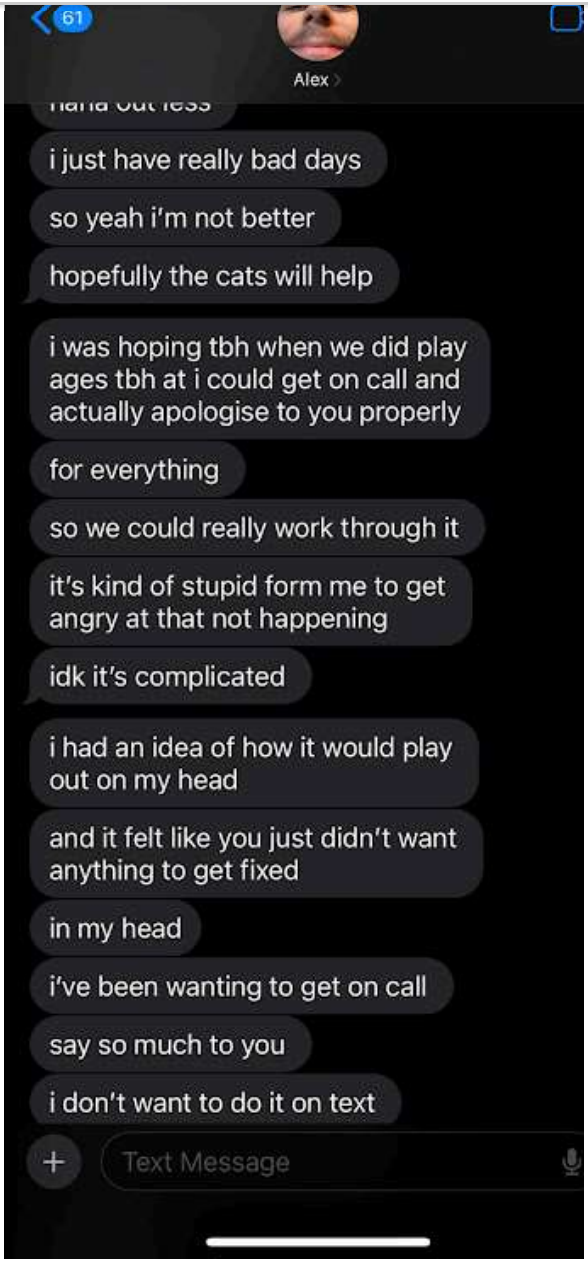
# Response - Read First



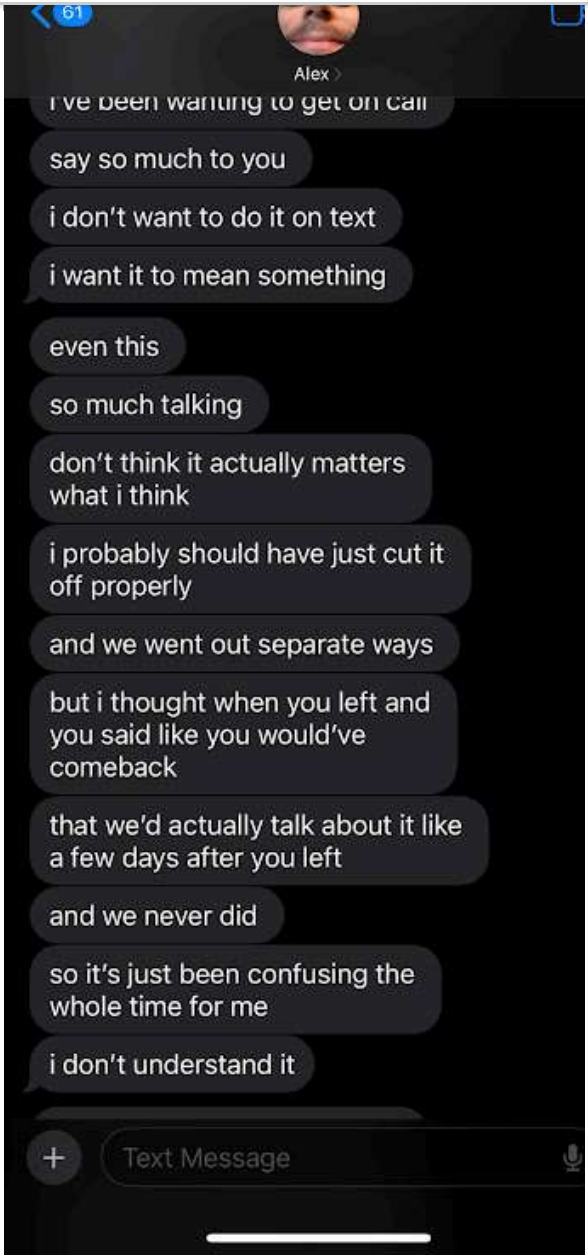
61
Alex
Yes because you did
8 Mar 2024 at 21:25
i thought you'd said something
Like?
cause he unfollowed me
and you wouldn't talk to me
and i thought you didn't want to play
but i misread it
we've sorted this haven't we?
i'm sorry again
i didn't expect to ever talk again now
but i'll keep apologising
I just wanna be alone
yep
i'm going to stop chasing you
Text Message

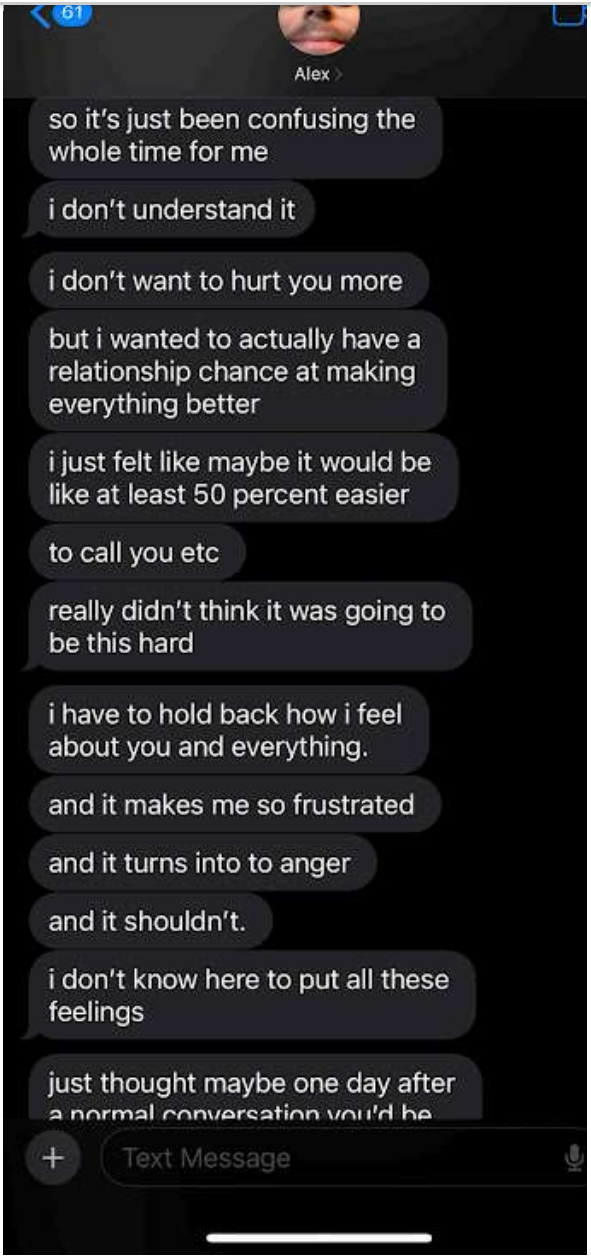
# Response - Read First


61
Alex
yep
i'm going to stop chasing you
text me some point if you want
i got nothing else to say really
i'm out
if you want to do something you let me know
if you don't
we don't
i think that's the only way this could be done now
Edited
idk
maybe just need time
i need to care less
haha out less
i just have really bad days
Text Message

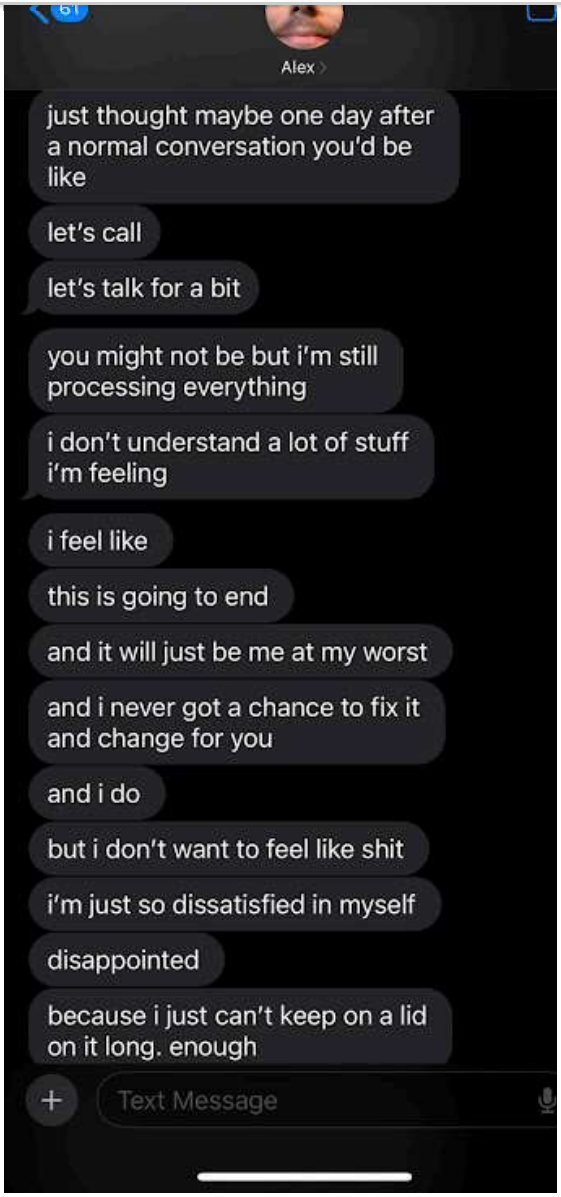

61
Alex
i just have really bad days
so yeah i'm not better
hopefully the cats will help
i was hoping tbh when we did play ages tbh at i could get on call and actually apologise to you properly
for everything
so we could really work through it
it's kind of stupid form me to get angry at that not happening
idk it's complicated
i had an idea of how it would play out on my head
and it felt like you just didn't want anything to get fixed
in my head
i've been wanting to get on call
say so much to you
i don't want to do it on text
Text Message

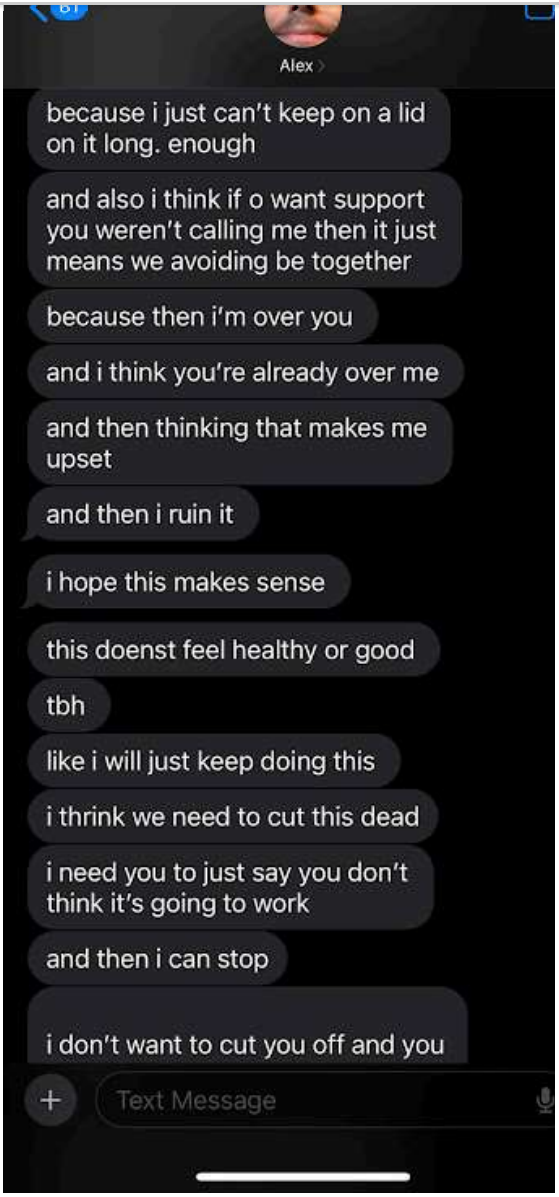
# Response - Read First


61
Alex
say so much to you
i don't want to do it on text
i want it to mean something
even this
so much talking
don't think it actually matters what i think
i probably should have just cut it off properly
and we went out separate ways
but i thought when you left and you said like you would've comeback
that we'd actually talk about it like a few days after you left
and we never did
so it's just been confusing the whole time for me
i don't understand it
Text Message

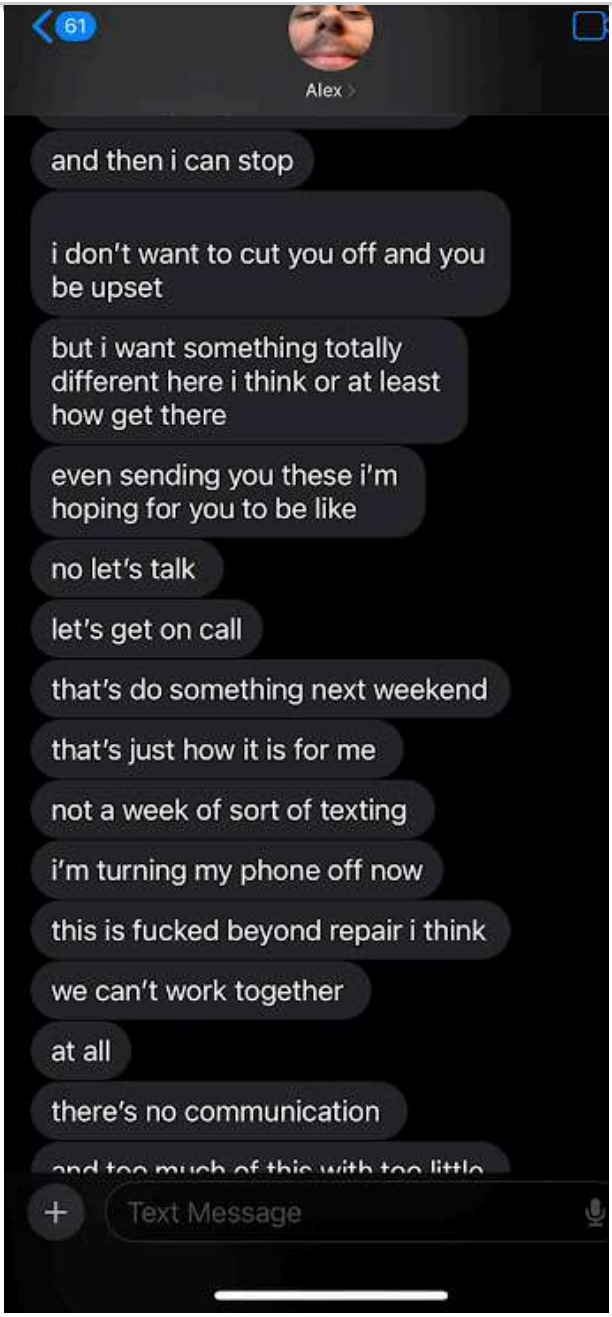

61
Alex
so it's just been confusing the whole time for me
i don't understand it
i don't want to hurt you more
but i wanted to actually have a relationship chance at making everything better
i just felt like maybe it would be like at least 50 percent easier
to call you etc
really didn't think it was going to be this hard
i have to hold back how i feel about you and everything.
and it makes me so frustrated
and it turns into to anger
and it shouldn't.
i don't know here to put all these feelings
Text Message

# Response - Read First


Alex
just thought maybe one day after a normal conversation you'd be like
let's call
let's talk for a bit
you might not be but i'm still processing everything
i don't understand a lot of stuff i'm feeling
i feel like
this is going to end
and it will just be me at my worst
and i never got a chance to fix it and change for you
and i do
but i don't want to feel like shit
i'm just so dissatisfied in myself
disappointed
because i just can't keep on a lid on it long. enough
Text Message

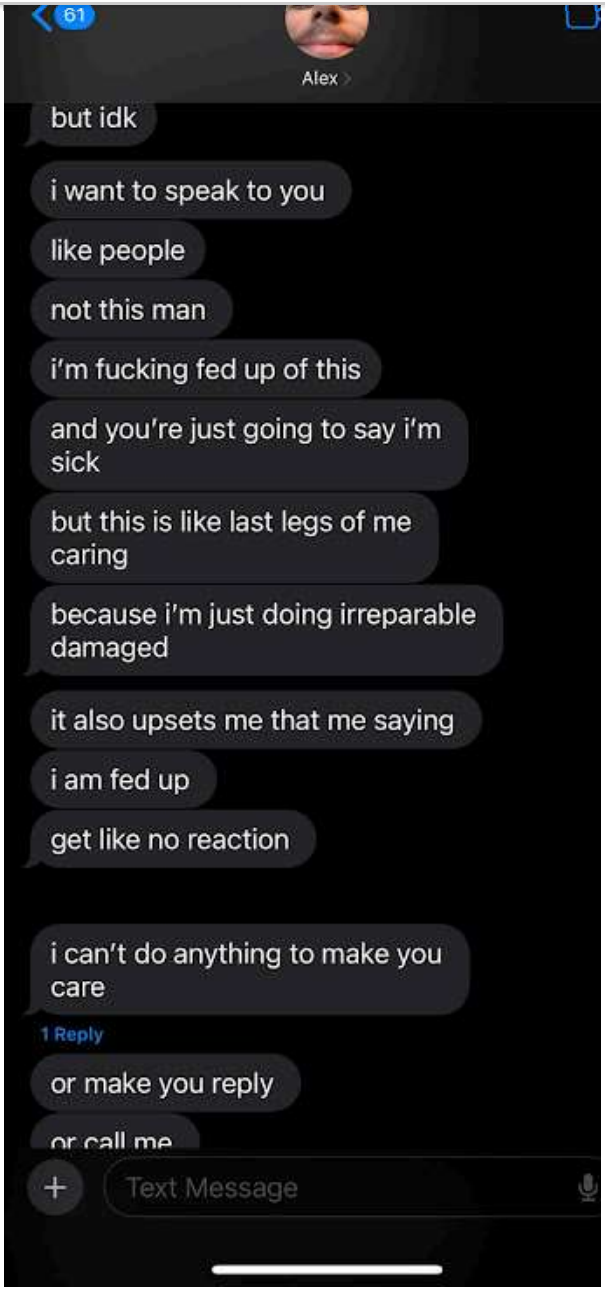

Alex
because i just can't keep on a lid on it long. enough
and also i think if o want support you weren't calling me then it just means we avoiding be together
because then i'm over you
and i think you're already over me
and then thinking that makes me upset
and then i ruin it
i hope this makes sense
this doenst feel healthy or good
tbh
like i will just keep doing this
i thrink we need to cut this dead
i need you to just say you don't think it's going to work
and then i can stop
i don't want to cut you off and you
Text Message

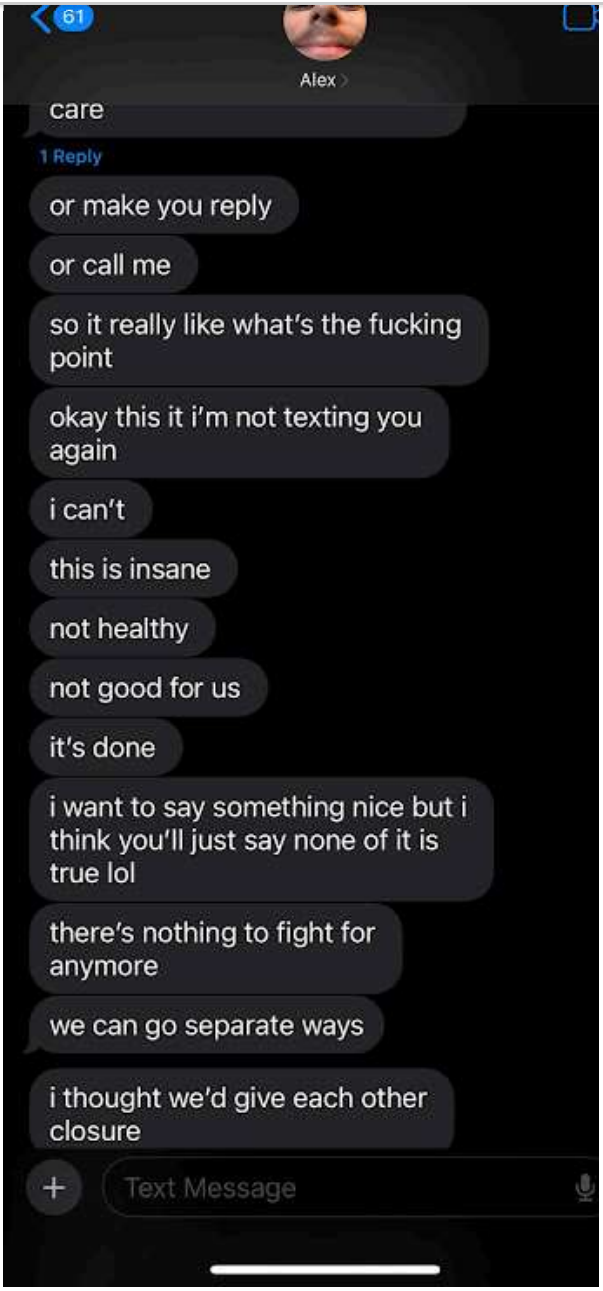
# Response - Read First


61
Alex
and then i can stop
i don't want to cut you off and you be upset
but i want something totally different here i think or at least how get there
even sending you these i'm hoping for you to be like
no let's talk
let's get on call
that's do something next weekend
that's just how it is for me
not a week of sort of texting
i'm turning my phone off now
this is fucked beyond repair i think
we can't work together
at all
there's no communication
Text Message

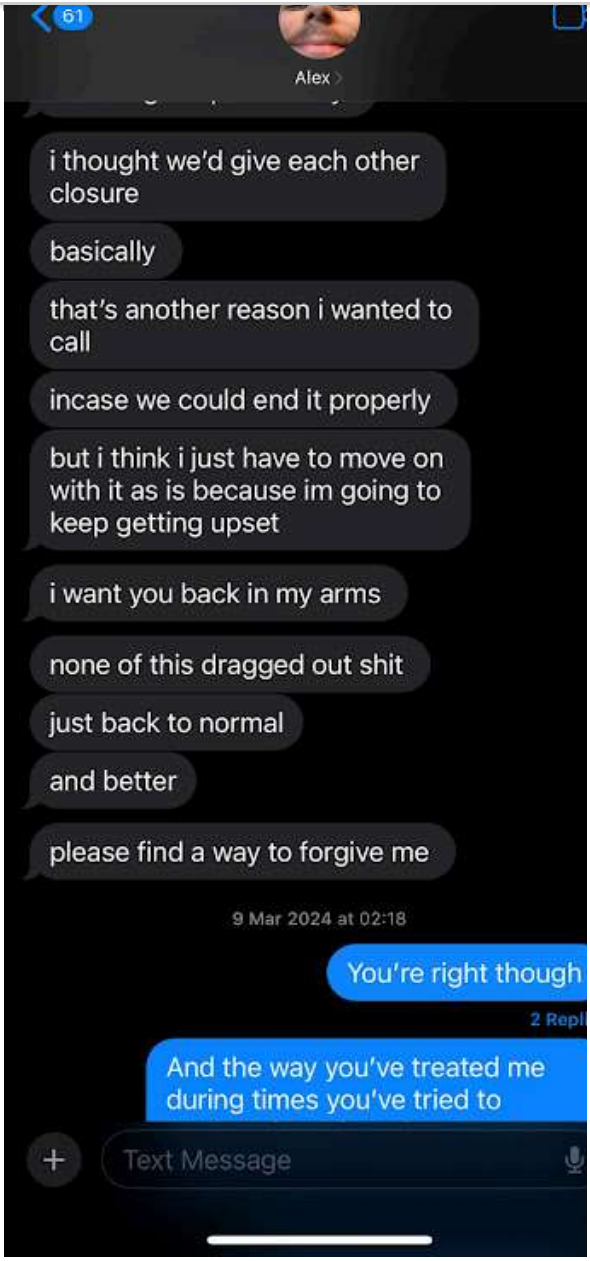
61
Alex
at all
there's no communication
and too much of this with too little contact
fuck i hate this
i hate that it's allowed to get to this point
why couldn't we just talk lol
whole thing is a mind fuck
i want being rude the other day when i asked to play
but you've been replying all week and that's the one time you didn't reply
so it threw me off really bad
idk i think it's so clear why i reacted that way
but idk
i want to speak to you
Text Message

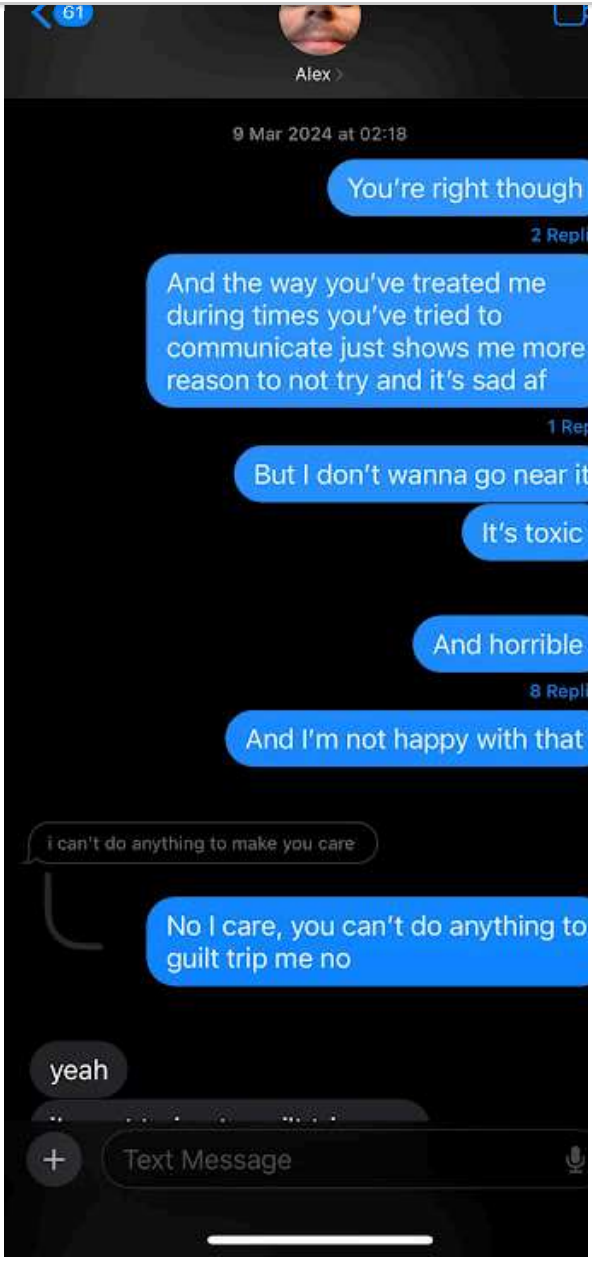
# Response - Read First


61
Alex
but idk
i want to speak to you
like people
not this man
i'm fucking fed up of this
and you're just going to say i'm sick
but this is like last legs of me caring
because i'm just doing irreparable damaged
it also upsets me that me saying
i am fed up
get like no reaction
i can't do anything to make you care
1 Reply
or make you reply
or call me
Text Message

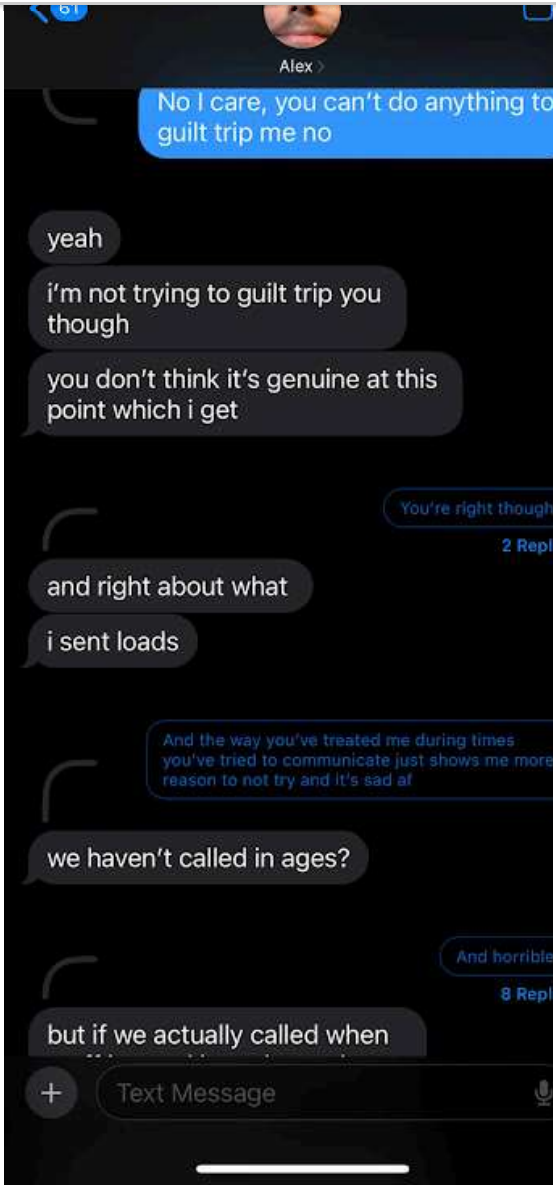

61
Alex
care
1 Reply
or make you reply
or call me
so it really like what's the fucking point
okay this it i'm not texting you again
i can't
this is insane
not healthy
not good for us
it's done
i want to say something nice but i think you'll just say none of it is true lol
there's nothing to fight for anymore
we can go separate ways
i thought we'd give each other closure
Text Message

# Response - Read First


61
Alex
i thought we'd give each other closure
basically
that's another reason i wanted to call
incase we could end it properly
but i think i just have to move on with it as is because im going to keep getting upset
i want you back in my arms
none of this dragged out shit
just back to normal
and better
please find a way to forgive me
9 Mar 2024 at 02:18
You're right though
2 Repl
And the way you've treated me during times you've tried to
Text Message

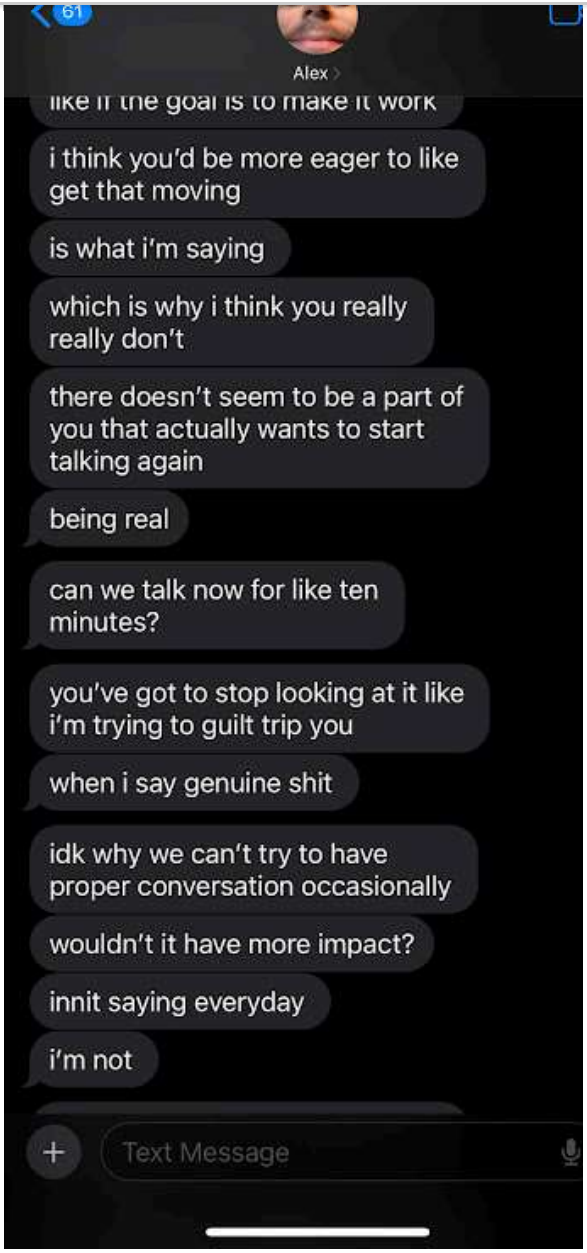

61
Alex
9 Mar 2024 at 02:18
You're right though
2 Repl
And the way you've treated me during times you've tried to communicate just shows me more reason to not try and it's sad af
1 Rep
But I don't wanna go near it
It's toxic
And horrible
8 Repl
And I'm not happy with that
i can't do anything to make you care
No I care, you can't do anything to guilt trip me no
yeah
Text Message

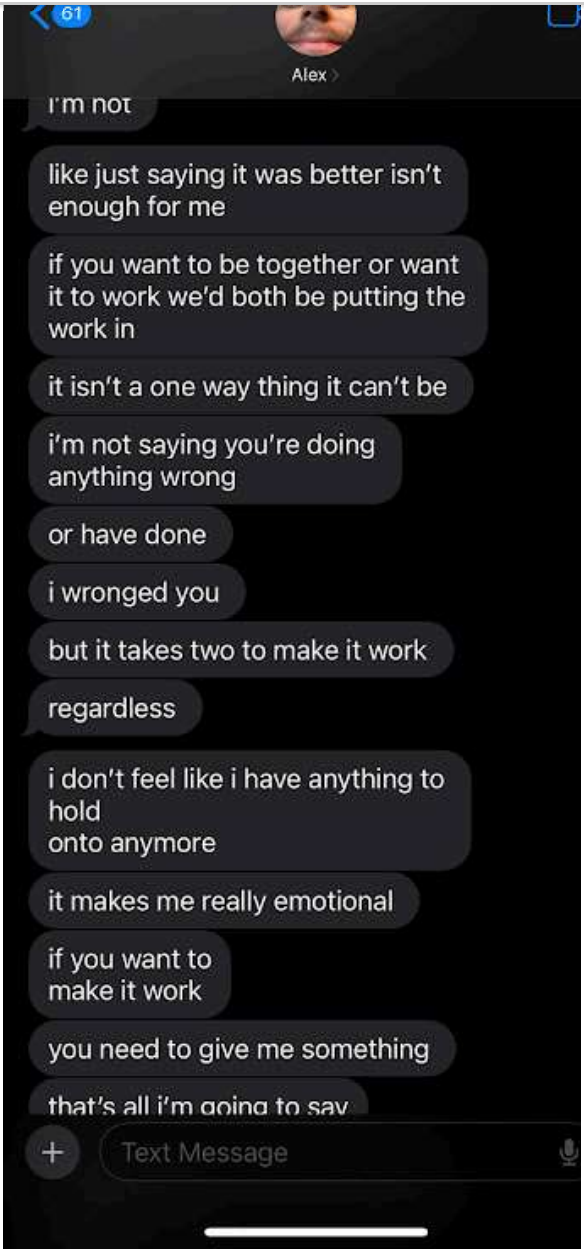
# Response - Read First


Alex
No I care, you can't do anything to guilt trip me no
yeah
i'm not trying to guilt trip you though
you don't think it's genuine at this point which i get
You're right though
2 Repl
and right about what
i sent loads
And the way you've treated me during times you've tried to communicate just shows me more reason to not try and it's sad af
we haven't called in ages?
And horrible
8 Repl
but if we actually called when
Text Message

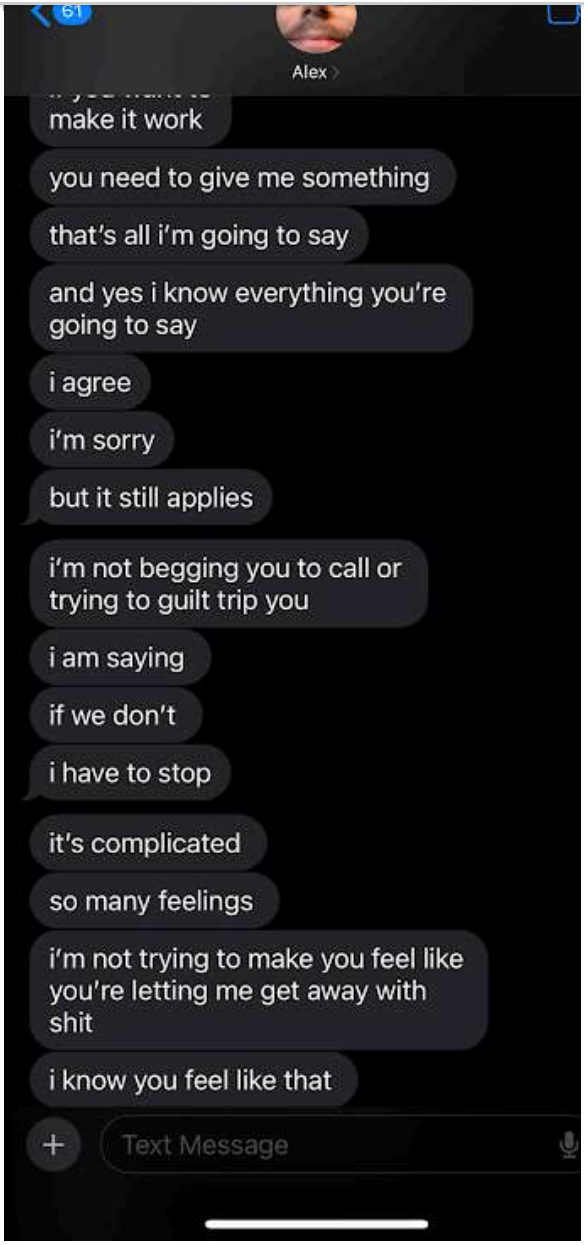
Alex
And horrible
8 Repl
but if we actually called when stuff is good how do you know any of this happened
isn't it self fulfilling. to ignore me and then make me upset when we've never tried it the other way
it gets better we do nothing
you don't call
we don't talk
it seems like completely pointless
like why are we texting to never ever call again???
like how long do i have to wait
months of good texts
like if the goal is to make it work
i think you'd be more eager to like get that moving
Text Message

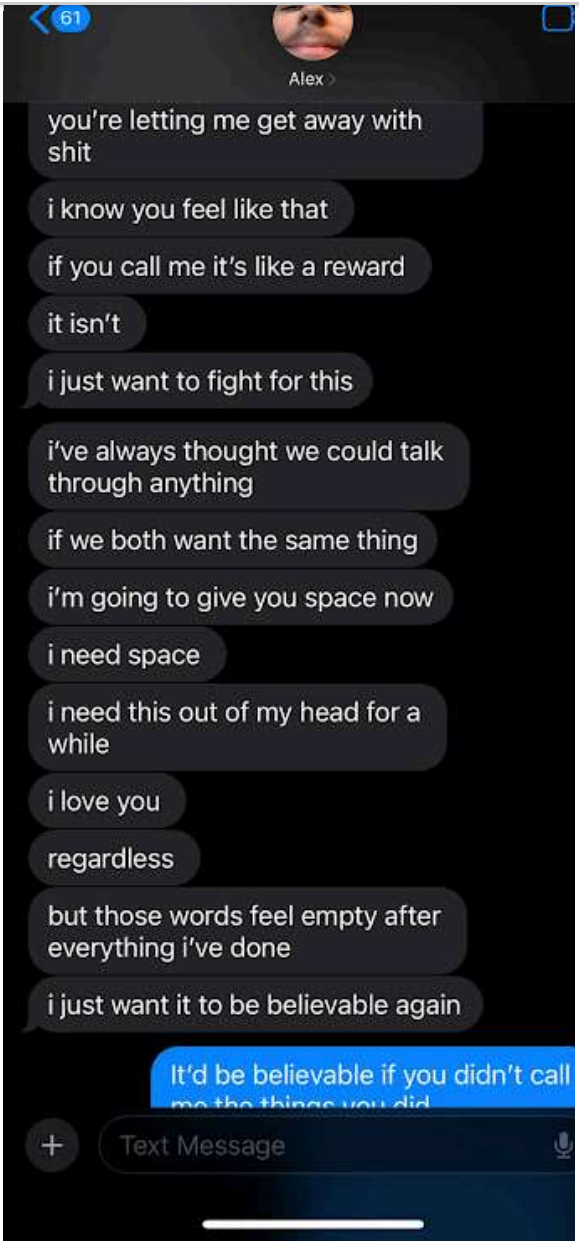
# Response - Read First


61
Alex
like if the goal is to make it work
i think you'd be more eager to like get that moving
is what i'm saying
which is why i think you really really don't
there doesn't seem to be a part of you that actually wants to start talking again
being real
can we talk now for like ten minutes?
you've got to stop looking at it like i'm trying to guilt trip you
when i say genuine shit
idk why we can't try to have proper conversation occasionally
wouldn't it have more impact?
innit saying everyday
i'm not
Text Message

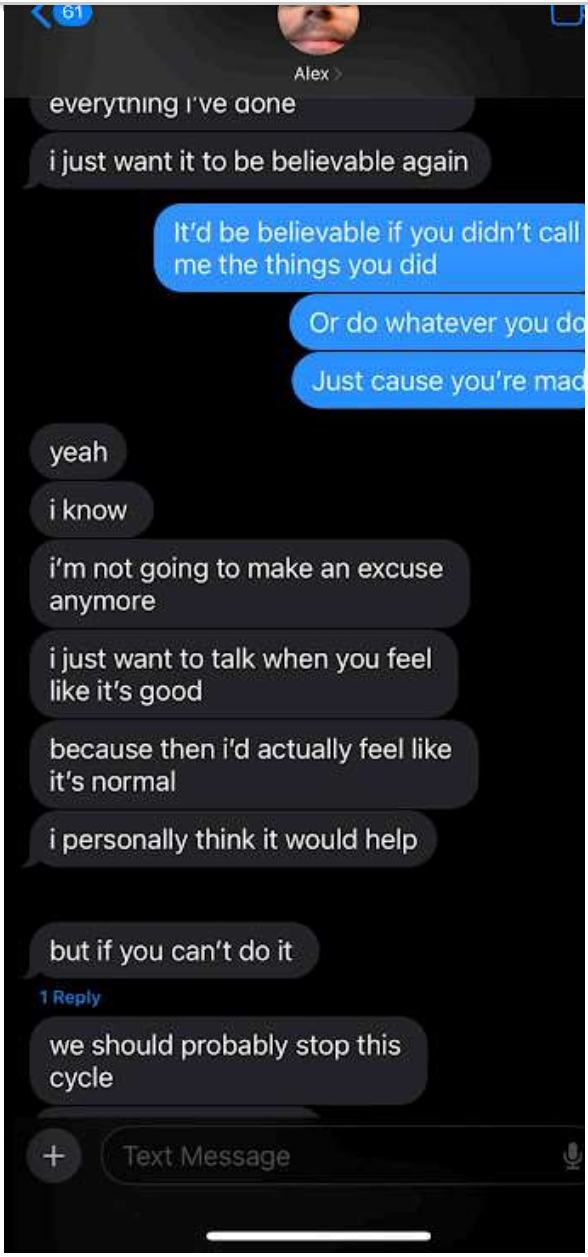

61
Alex
i'm not
like just saying it was better isn't enough for me
if you want to be together or want it to work we'd both be putting the work in
it isn't a one way thing it can't be
i'm not saying you're doing anything wrong
or have done
i wronged you
but it takes two to make it work
regardless
i don't feel like i have anything to hold
onto anymore
it makes me really emotional
if you want to
make it work
you need to give me something
that's all i'm going to say
Text Message

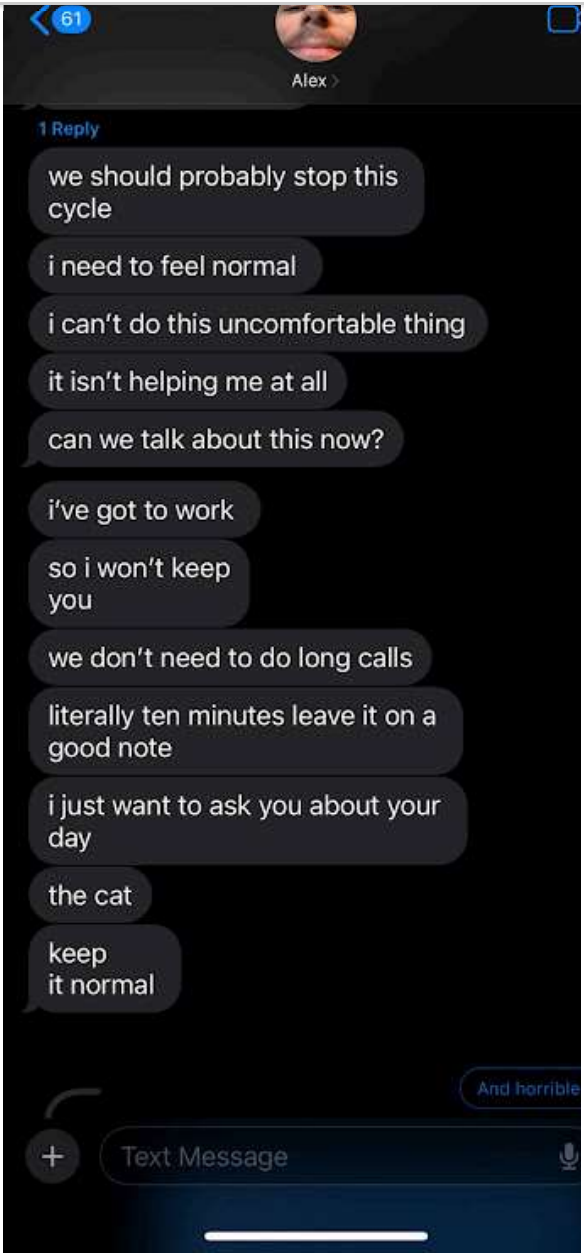
# Response - Read First


61
Alex
make it work
you need to give me something
that's all i'm going to say
and yes i know everything you're going to say
i agree
i'm sorry
but it still applies
i'm not begging you to call or trying to guilt trip you
i am saying
if we don't
i have to stop
it's complicated
so many feelings
i'm not trying to make you feel like you're letting me get away with shit
i know you feel like that
Text Message


61
Alex
you're letting me get away with shit
i know you feel like that
if you call me it's like a reward
it isn't
i just want to fight for this
i've always thought we could talk through anything
if we both want the same thing
i'm going to give you space now
i need space
i need this out of my head for a while
i love you
regardless
but those words feel empty after everything i've done
i just want it to be believable again
It'd be believable if you didn't call
Text Message

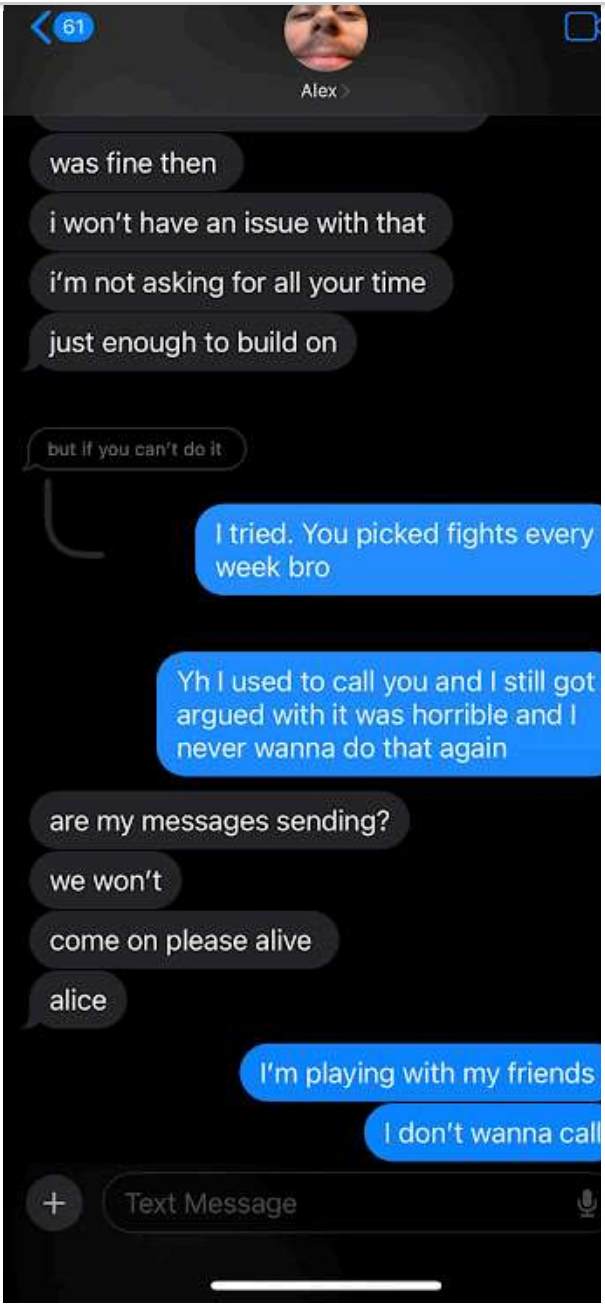
# Response - Read First


61
Alex
everything I've done
i just want it to be believable again
It'd be believable if you didn't call me the things you did
Or do whatever you do
Just cause you're mad
yeah
i know
i'm not going to make an excuse anymore
i just want to talk when you feel like it's good
because then i'd actually feel like it's normal
i personally think it would help
but if you can't do it
1 Reply
we should probably stop this cycle
Text Message

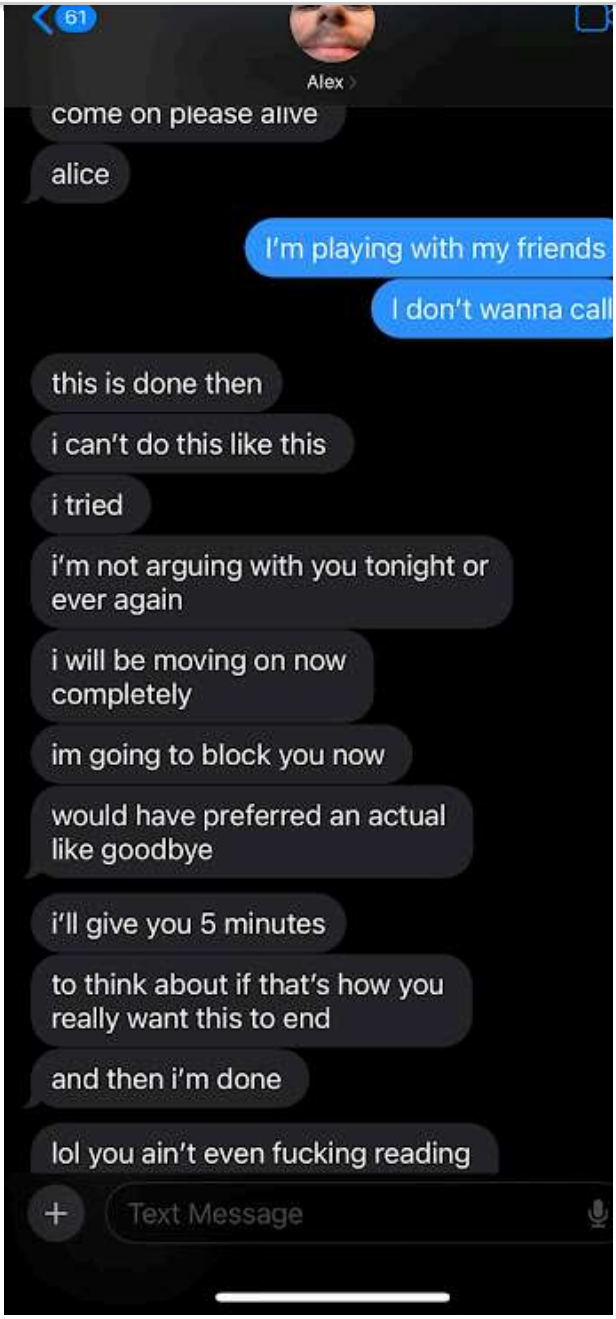

61
Alex
1 Reply
we should probably stop this cycle
i need to feel normal
i can't do this uncomfortable thing
it isn't helping me at all
can we talk about this now?
i've got to work
so i won't keep you
we don't need to do long calls
literally ten minutes leave it on a good note
i just want to ask you about your day
the cat
keep it normal
And horrible
Text Message

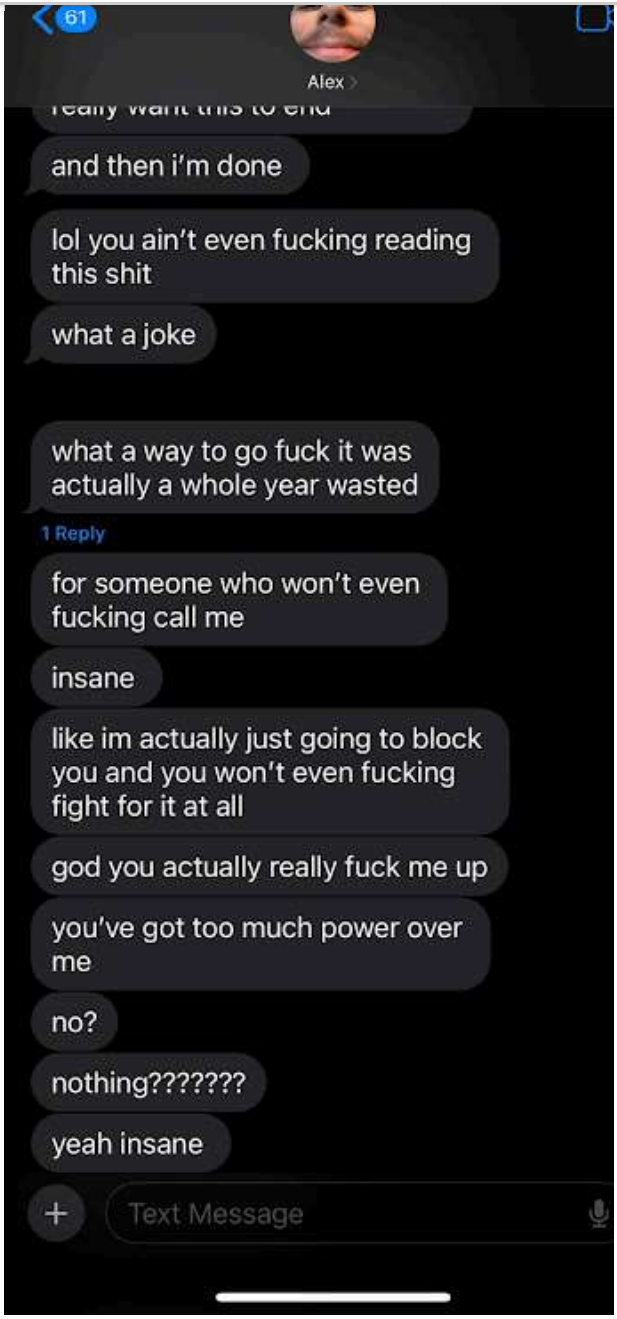
# Response - Read First

61
Alex
keep
it normal
And horrible
8 Repl
You literally ruin it with insults or getting horrible that's why I don't call after
i know
is that a no?
for now
i'd like to speak to you now for 10 minutes
just say sorry
you used to go in and out of calls with me
was fine then
i won't have an issue with that
i'm not asking for all your time
Text Message


61
Alex
was fine then
i won't have an issue with that
i'm not asking for all your time
just enough to build on
but if you can't do it
I tried. You picked fights every week bro
Yh I used to call you and I still got argued with it was horrible and I never wanna do that again
are my messages sending?
we won't
come on please alive
alice
I'm playing with my friends
I don't wanna call
Text Message

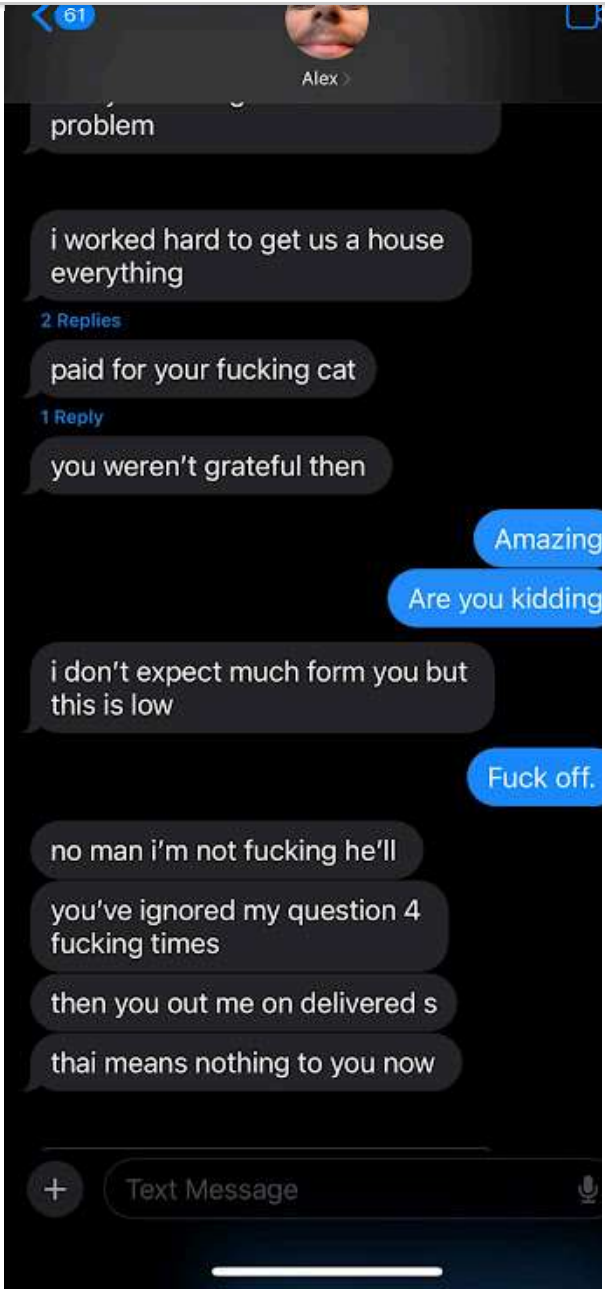
# Response - Read First


61
Alex
come on please alive
alice
I'm playing with my friends
I don't wanna call
this is done then
i can't do this like this
i tried
i'm not arguing with you tonight or ever again
i will be moving on now completely
im going to block you now
would have preferred an actual like goodbye
i'll give you 5 minutes
to think about if that's how you really want this to end
and then i'm done
lol you ain't even fucking reading
Text Message

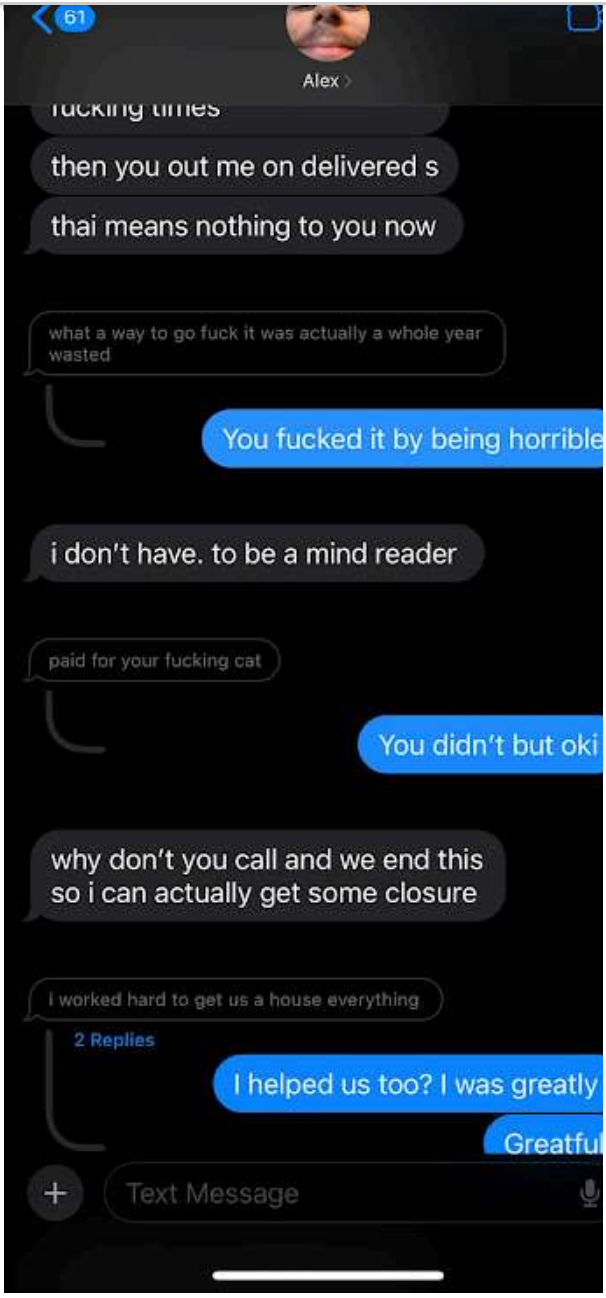

61
Alex
and then i'm done
lol you ain't even fucking reading this shit
what a joke
what a way to go fuck it was actually a whole year wasted
1 Reply
for someone who won't even fucking call me
insane
like im actually just going to block you and you won't even fucking fight for it at all
god you actually really fuck me up
you've got too much power over me
no?
nothing???????
yeah insane
Text Message

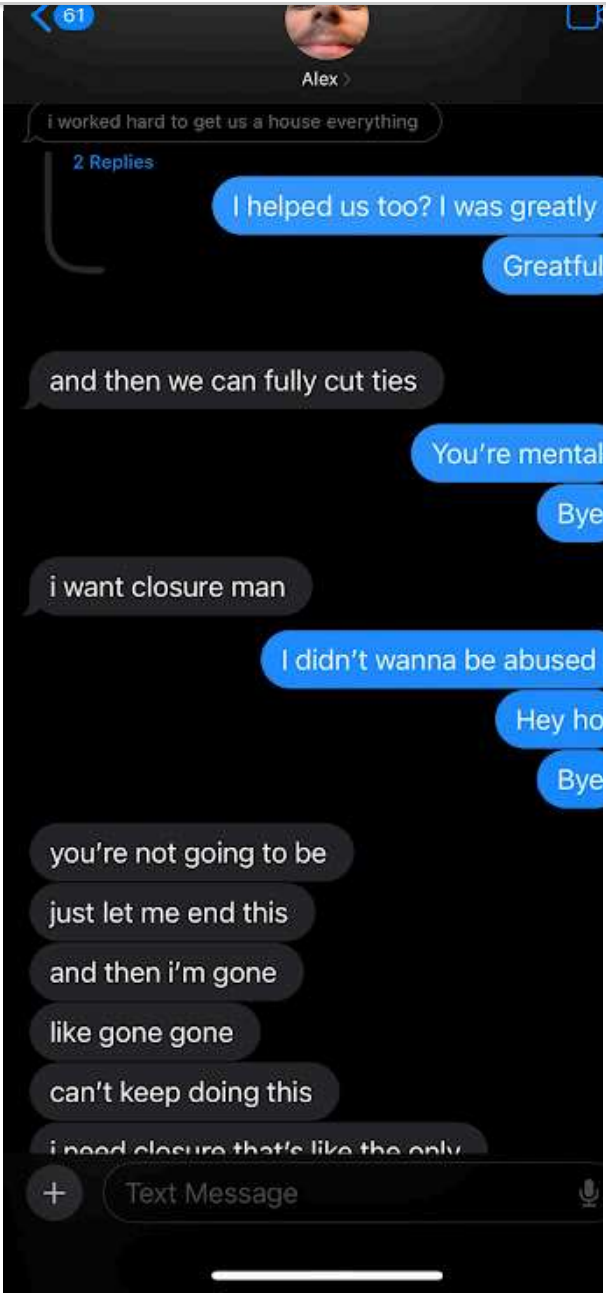
# Response - Read First

61
Alex
nothing???????
yeah insane
you didn't care at all
and when you said you missed me the other day you lied
1 Reply
it's cruel to play with someone the way you do
thanks for tonight
thanks for every night since you left
you can say you wanted to fix it and that you were coming back but it was bullshit
to just leave me on delivered is cruel man like i have actually tried so hard to fix this so many times and your acting like im still the problem
i worked hard to get us a house
Text Message

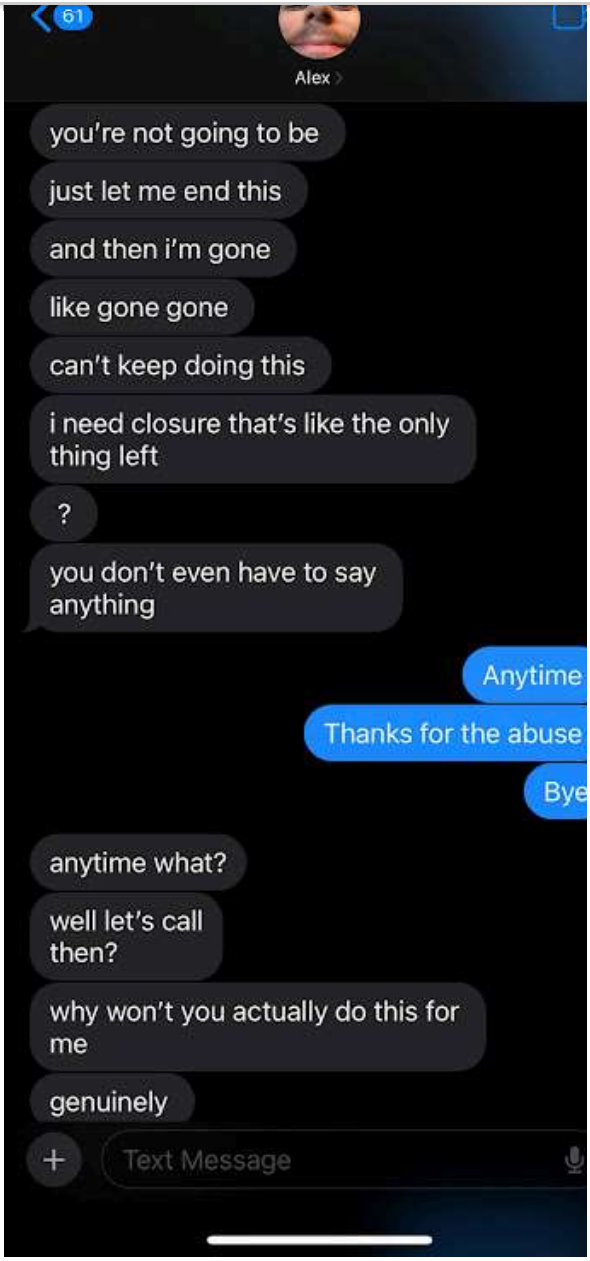

61
Alex
problem
i worked hard to get us a house everything
2 Replies
paid for your fucking cat
1 Reply
you weren't grateful then
Amazing
Are you kidding
i don't expect much form you but this is low
Fuck off.
no man i'm not fucking he'll
you've ignored my question 4 fucking times
then you out me on delivered s
thai means nothing to you now
Text Message

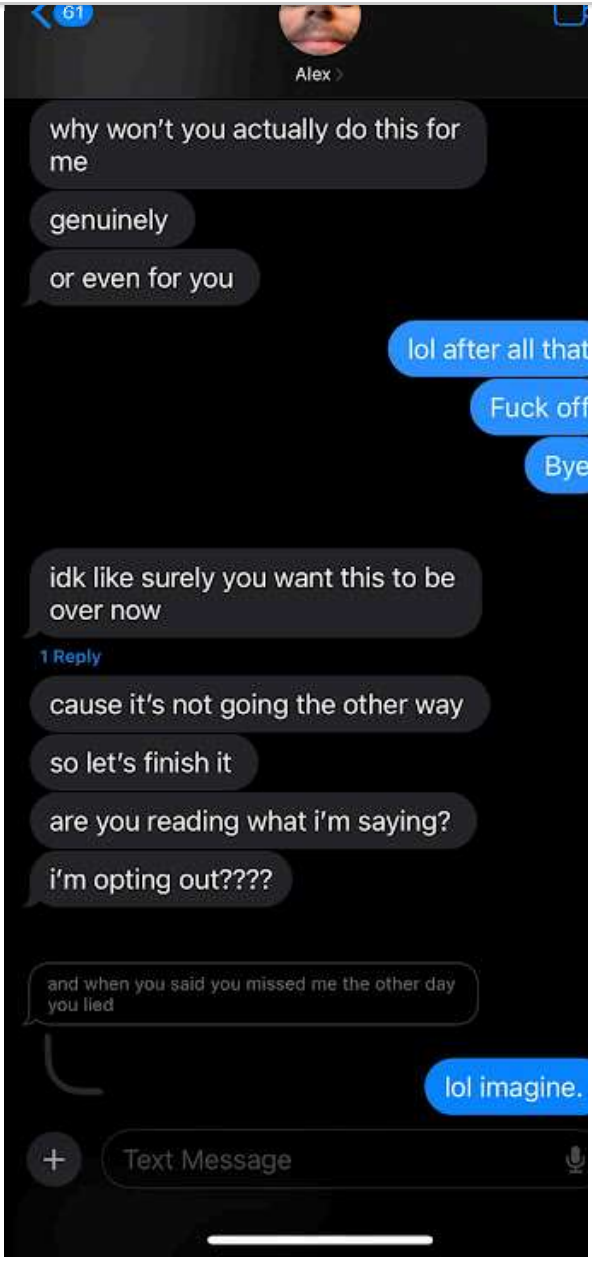
# Response - Read First


61
Alex
then you out me on delivered s
thai means nothing to you now
what a way to go fuck it was actually a whole year wasted
You fucked it by being horrible
i don't have. to be a mind reader
paid for your fucking cat
You didn't but oki
why don't you call and we end this so i can actually get some closure
I worked hard to get us a house everything
2 Replies
I helped us too? I was greatly
Text Message

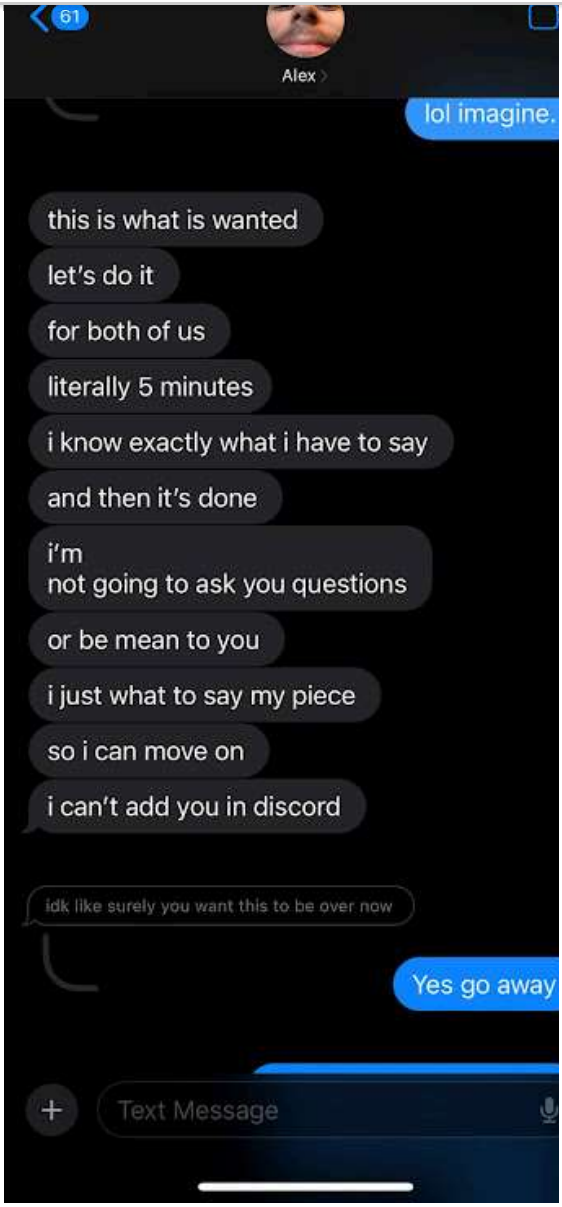


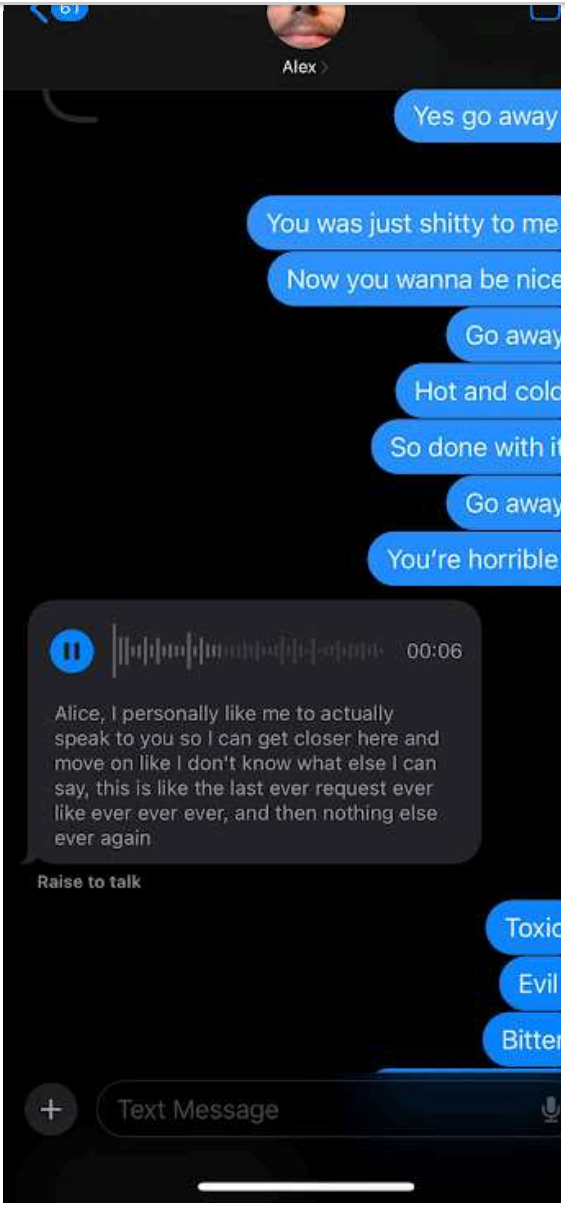
# Response - Read First





61
Alex
why won't you actually do this for me
genuinely
or even for you
lol after all that
Fuck off
Bye
idk like surely you want this to be over now
1 Reply
cause it's not going the other way
so let's finish it
are you reading what i'm saying?
i'm opting out????
and when you said you missed me the other day you lied
lol imagine.
Text Message

# Response - Read First

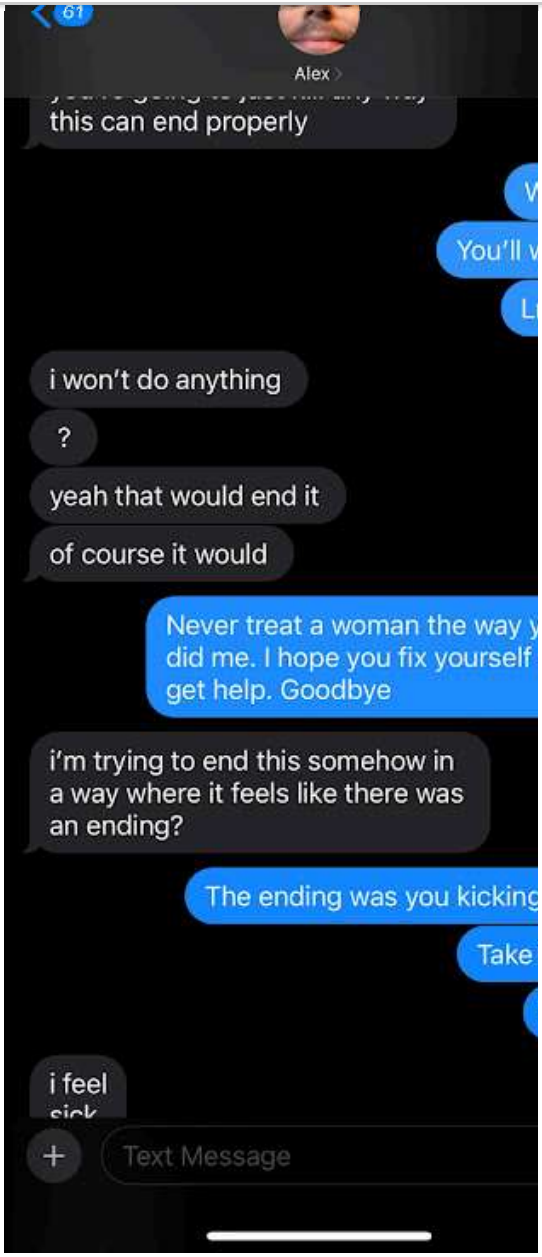

61
Alex
lol imagine.
this is what is wanted
let's do it
for both of us
literally 5 minutes
i know exactly what i have to say
and then it's done
i'm
not going to ask you questions
or be mean to you
i just what to say my piece
so i can move on
i can't add you in discord
idk like surely you want this to be over now
Yes go away
Text Message


Alex
Yes go away
You was just shitty to me
Now you wanna be nice
Go away
Hot and cold
So done with it
Go away
You're horrible
00:06
Alice, I personally like me to actually speak to you so I can get closer here and move on like I don't know what else I can say, this is like the last ever request ever like ever ever ever, and then nothing else ever again
Raise to talk
Toxic
Evil
Bitter
Text Message

› keeps pushing for a phone call, I don't want to call. Says I'm not letting him leave cause I won't call n, yet I'm the one who said it's done now and asking him to leave me alone. He does this to try to gain ntrol, like he did in every argument.

# Response - Read First

61
Alex
Alice, I personally like me to actually speak to you so I can get closer here and move on like I don't know what else I can say, this is like the last ever request ever like ever ever ever, and then nothing else ever again
Raise to talk
Leave me a
yeah so let's finish it
because i'll just be back
I will. Like
and i don't want to anymore
like what?
if you block me without actually talking to me
you're going to just kill any way this can end properly
Text Message

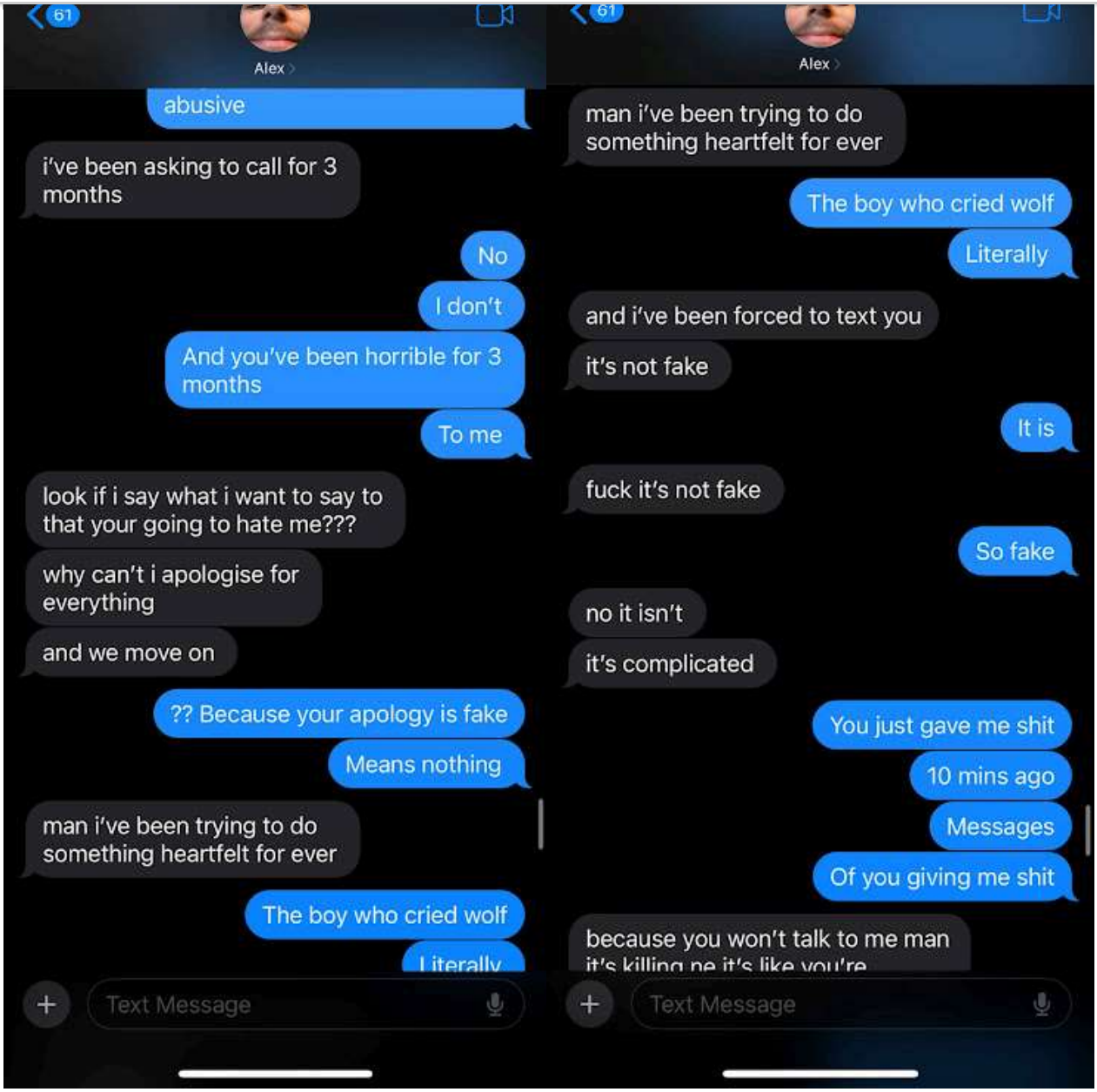

61
Alex
this can end properly
You'll
i won't do anything
?
yeah that would end it
of course it would
Never treat a woman the way
did me. I hope you fix yourself
get help. Goodbye
i'm trying to end this somehow in a way where it feels like there was an ending?
The ending was you kicking
Take
i feel
Text Message

# Response - Read First

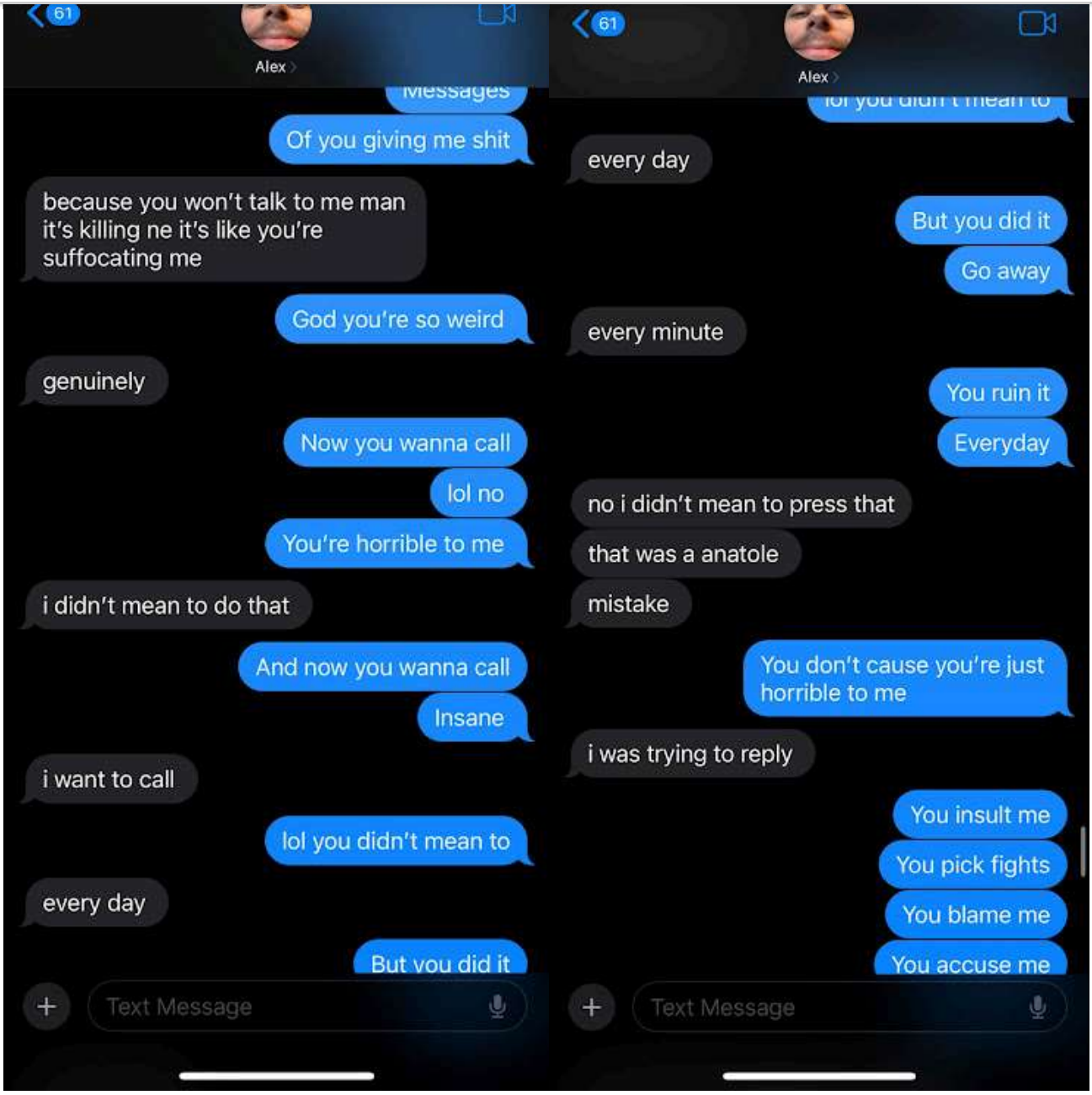
61
Alex
lol read your
what has all this been for?
That's
You wasted my
yeah but surely we're going to talk
you can't actually not want to speak to em about it after a year?
You don't stop you just sent ab and now you're asking to call you're a joke
like genuinely?
No you're horrible and toxic abusive
i've been asking to call for 3 months
Text Message

Acting as if it was my fault and i made him stay in contact, when i gave him multiple chances to try to fix things with me without being horrible to me because he begged to try, begged for those chances, he kept on with this cycle so i said i'm done.

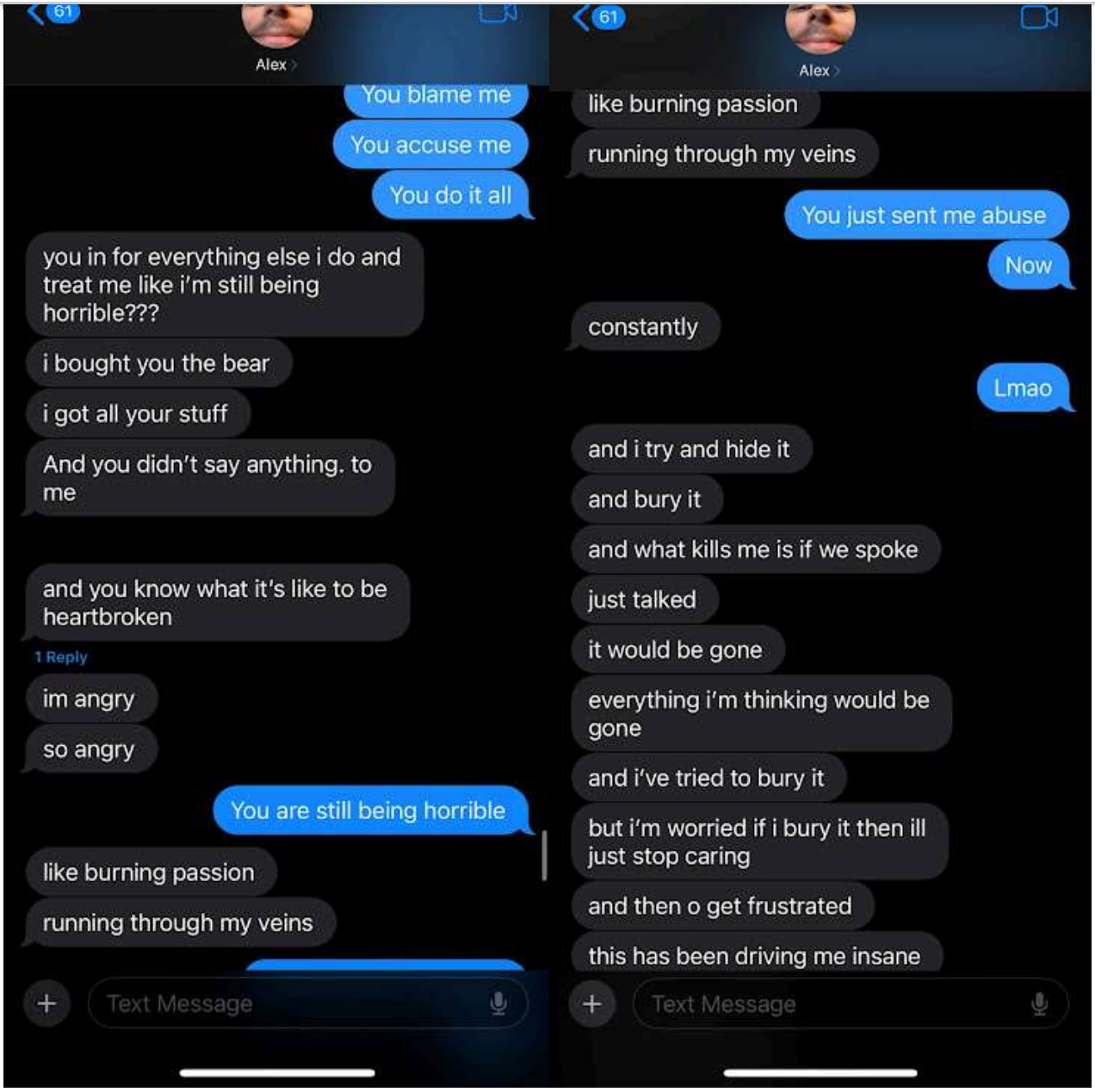
# Response - Read First


61
Alex
abusive
i've been asking to call for 3 months
No
I don't
And you've been horrible for 3 months
To me
look if i say what i want to say to that your going to hate me???
why can't i apologise for everything
and we move on
?? Because your apology is fake
Means nothing
man i've been trying to do something heartfelt for ever
The boy who cried wolf
Literally
Text Message
61
Alex
man i've been trying to do something heartfelt for ever
The boy who cried wolf
Literally
and i've been forced to text you
it's not fake
It is
fuck it's not fake
So fake
no it isn't
it's complicated
You just gave me shit
10 mins ago
Messages
Of you giving me shit
because you won't talk to me man
Text Message

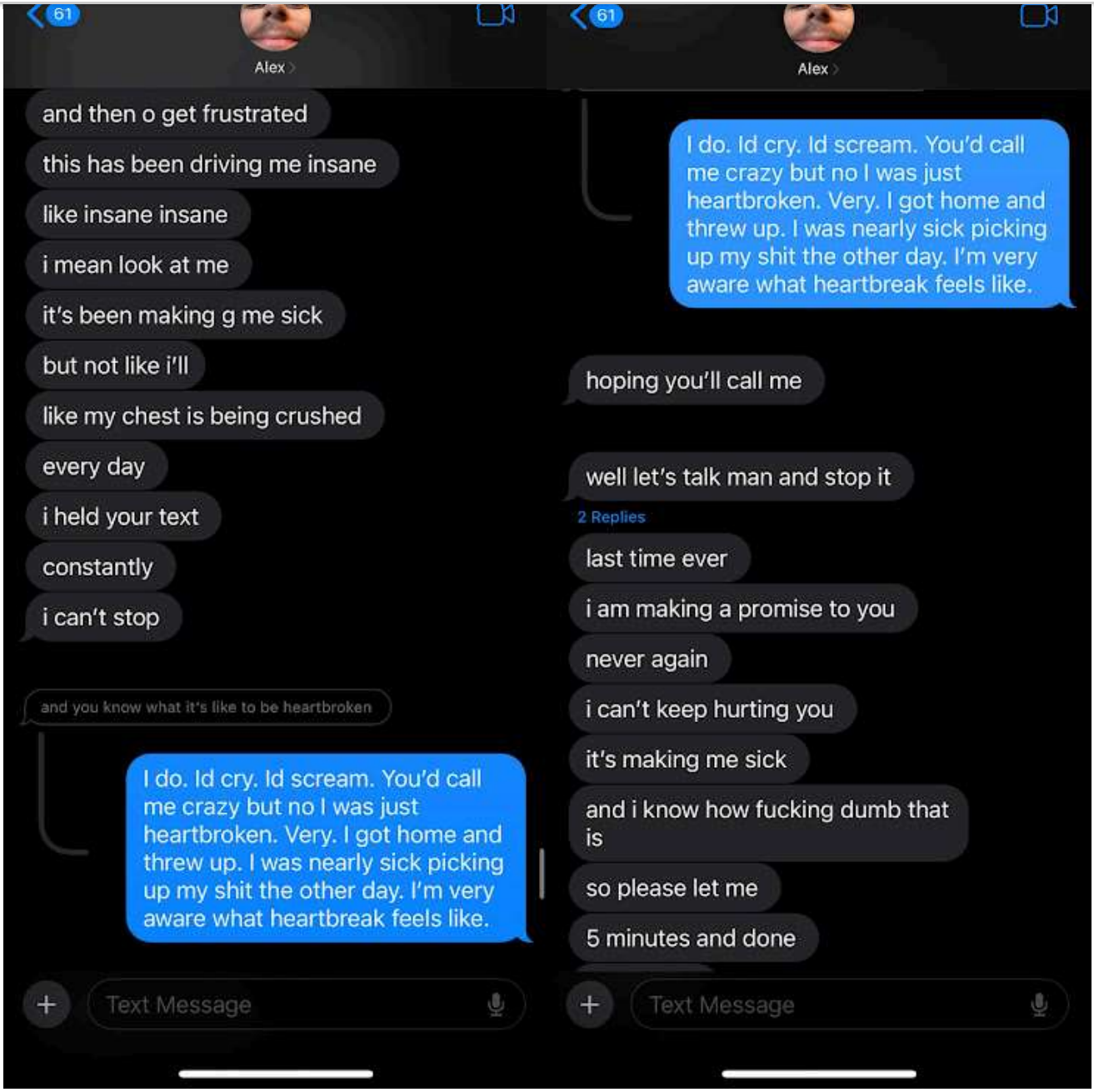
# Response - Read First



# Response - Read First


61
Alex
You blame me
You accuse me
You do it all
you in for everything else i do and treat me like i'm still being horrible???
i bought you the bear
i got all your stuff
And you didn't say anything. to me
and you know what it's like to be heartbroken
1 Reply
im angry
so angry
You are still being horrible
like burning passion
running through my veins
Text Message
61
Alex
like burning passion
running through my veins
You just sent me abuse
Now
constantly
Lmao
and i try and hide it
and bury it
and what kills me is if we spoke
just talked
it would be gone
everything i'm thinking would be gone
and i've tried to bury it
but i'm worried if i bury it then ill just stop caring
and then o get frustrated
this has been driving me insane
Text Message

# Response - Read First


61
Alex
and then o get frustrated
this has been driving me insane
like insane insane
i mean look at me
it's been making g me sick
but not like i'll
like my chest is being crushed
every day
i held your text
constantly
i can't stop
and you know what it's like to be heartbroken
I do. Id cry. Id scream. You'd call me crazy but no I was just heartbroken. Very. I got home and threw up. I was nearly sick picking up my shit the other day. I'm very aware what heartbreak feels like.
Text Message
61
Alex
I do. Id cry. Id scream. You'd call me crazy but no I was just heartbroken. Very. I got home and threw up. I was nearly sick picking up my shit the other day. I'm very aware what heartbreak feels like.
hoping you'll call me
well let's talk man and stop it
2 Replies
last time ever
i am making a promise to you
never again
i can't keep hurting you
it's making me sick
and i know how fucking dumb that is
so please let me
5 minutes and done
Text Message

Talking about feeling sick picking up my belongings that he finally dropped at mine.

# Response - Read First

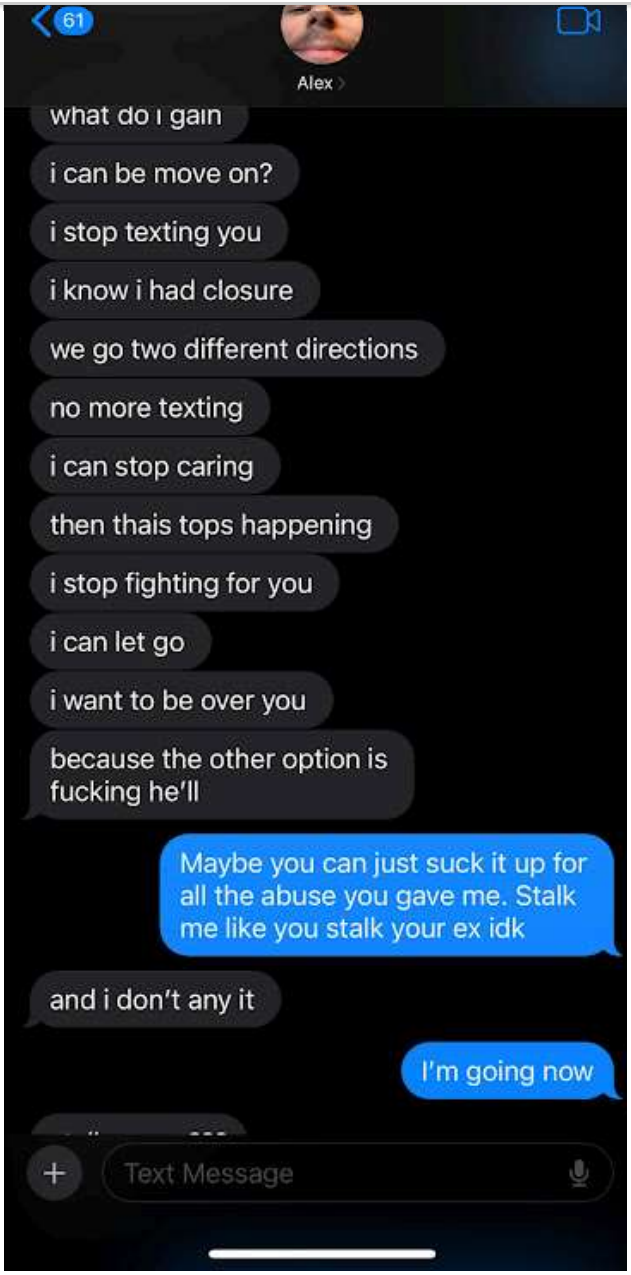
61
Alex
5 minutes and done
not even 5
well let's talk man and stop it
2 Replies
You just sent me a bunch of shit man no
you hang up whenever and it's fine
well let's talk man and stop it
2 Replies
You never learn
please alive seriously
if we call it's done
if not i'm going to text you all night trying to figure something out
idk what else to so or say???
Text Message

61
Alex
trying to figure something out
idk what else to so or say???
it's like the only thing we haven't done
i need this to change for better or worse
Just leave me alone
You make this worse everytime
You must hate me like
well can we call and just leave it at that
No
i'm fucking desperate here man
You just gave me shit
I'm not talking to you
because how the fuck can i move on
You just gave me so much shit
Text Message

# Response - Read First

61
Alex
You just gave me so much shit
then give me another option??
Don't be a fucking asshole
That's your other option
how do o get closure here
i want to do this and get it done
Like o care how. You ruined me. You fucking destroyed me. Leave me aline
this anxiety is horrific
Good
man well let's end it
i want to say sorry
I threw up, feel it I guess
Bye
just stay on mute
Text Message

# Response - Read First


61
Alex
what do i gain
i can be move on?
i stop texting you
i know i had closure
we go two different directions
no more texting
i can stop caring
then thais tops happening
i stop fighting for you
i can let go
i want to be over you
because the other option is fucking he'll
Maybe you can just suck it up for all the abuse you gave me. Stalk me like you stalk your ex idk
and i don't any it
I'm going now
Text Message

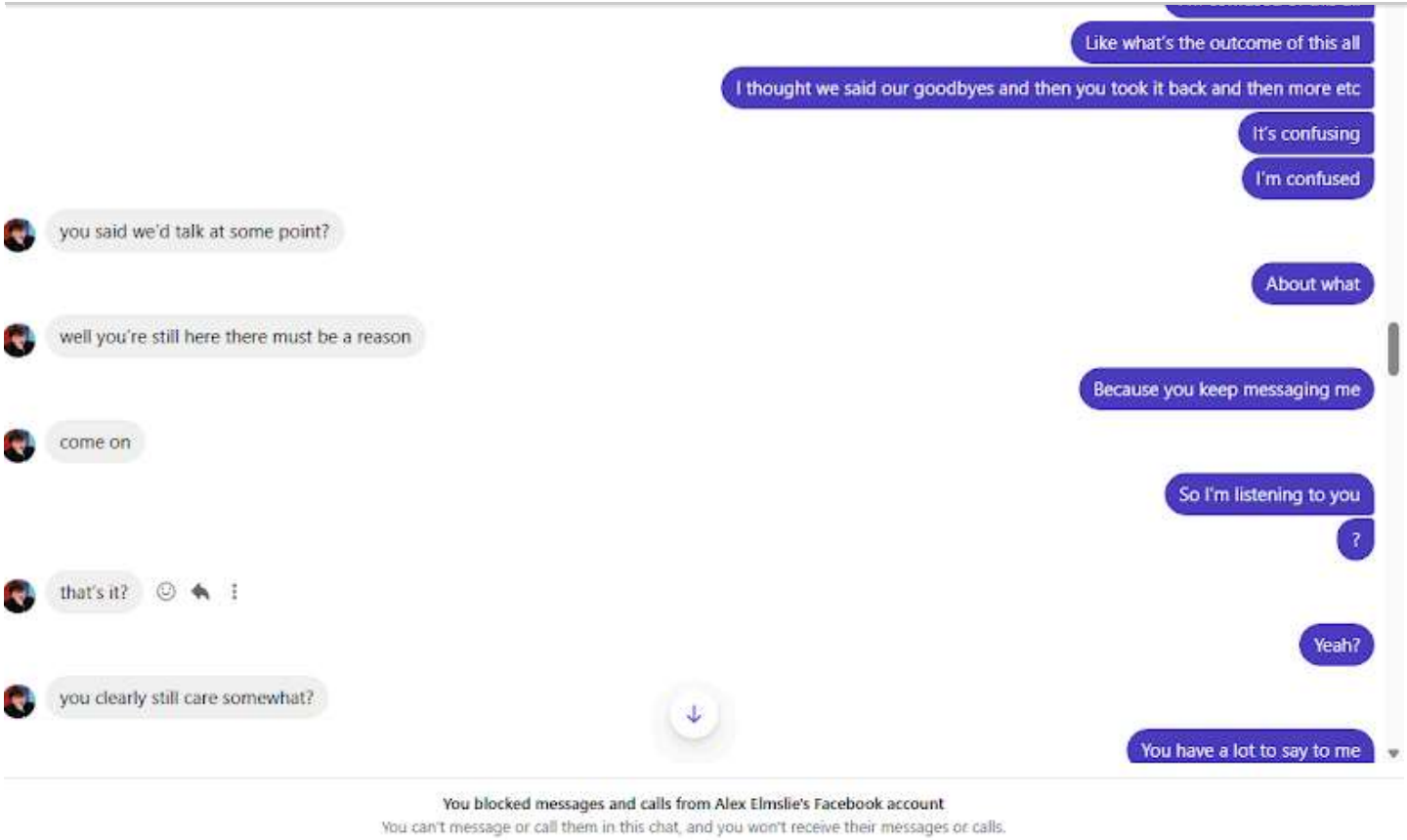
61
Alex
me like you stalk your ex idk
and i don't any it
I'm going now
stalk my ex???
man
You did that don't deny it now bro leave it
so we end it on a big argument
unreal
fuck i just want to scream
We ended with you kicking me.
i can't believe we can't fucking talk
fuck
FUCK
it's mental i. nat do this
We ended with you kicking me.
Text Message

# Response - Read First

And after this I blocked his number. That is when he goes onto multiple socials to harass me, all of this is in my first document. Messaging me from 2 of his own tiktok accounts to my main and my second, on instagram and bears instagram page, emails and facebook. I eventually ended up blocking him on every single one, leaving facebook as he begged for me to not block him there.

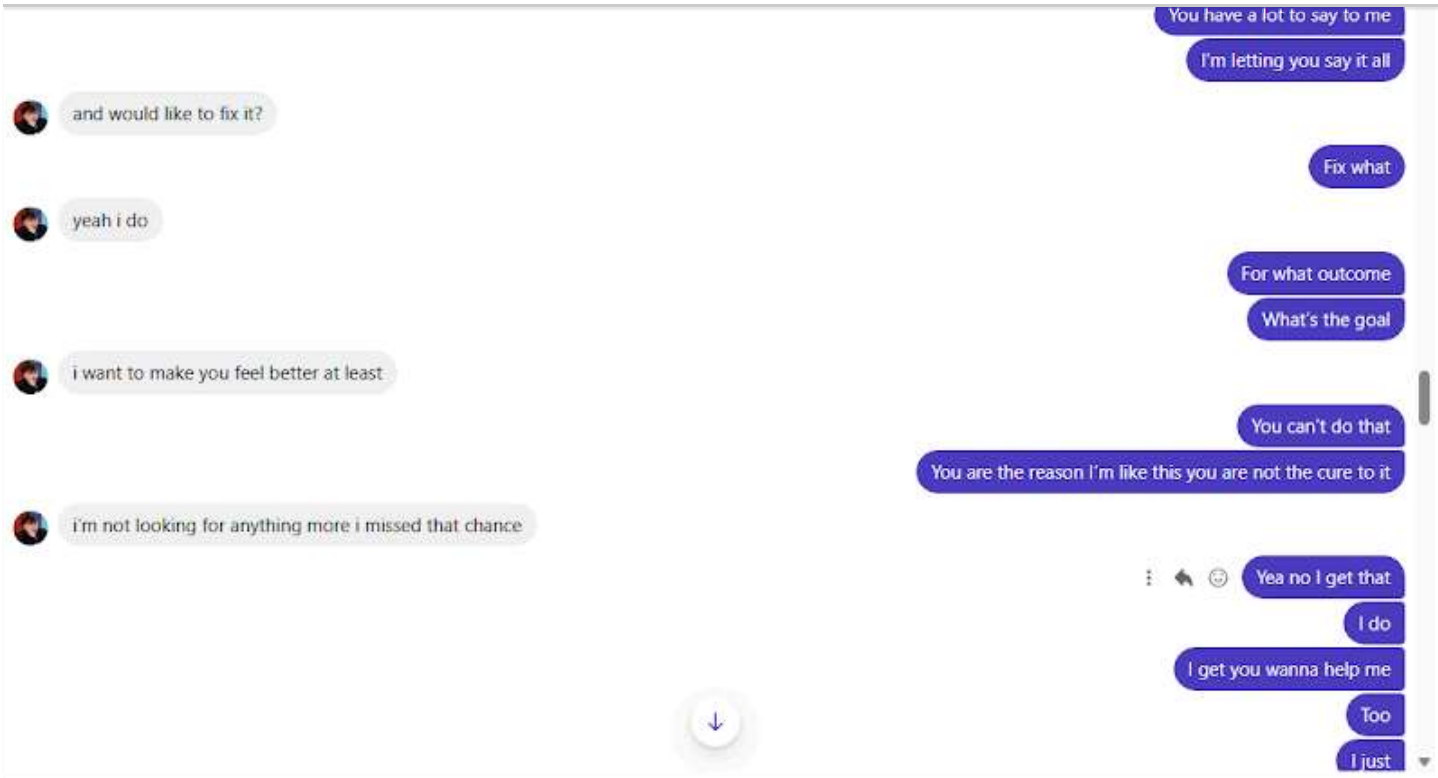
Again in this conversation I'm about to show, Alex has gone back and unsent messages of him admitting to the night he dragged me on the 19th, as in his video he dismisses it completely and says it never happened, but I can show you anyway.

# Response - Read First

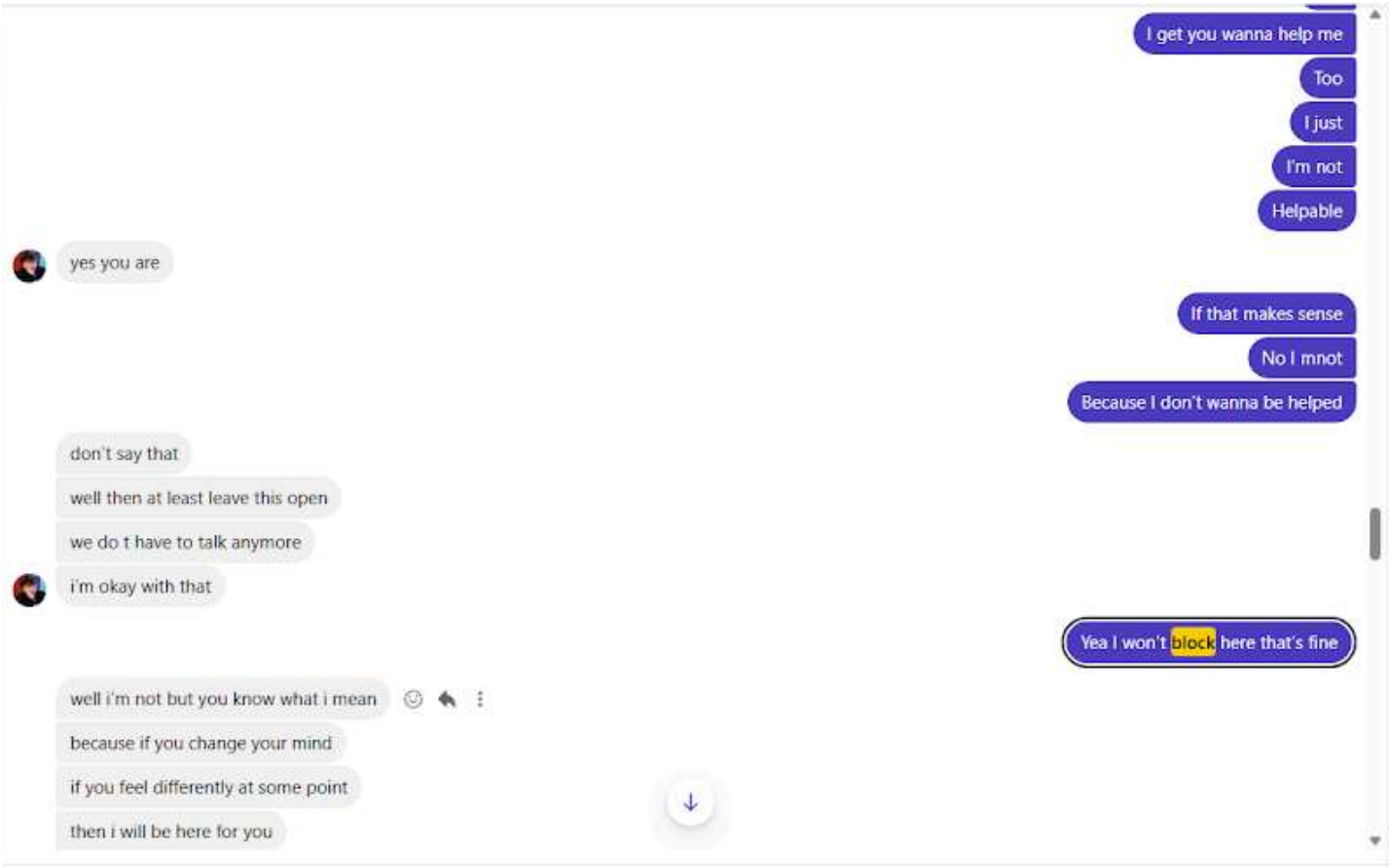

Like what's the outcome of this all
I thought we said our goodbyes and then you took it back and then more etc
It's confusing
I'm confused
you said we'd talk at some point?
About what
well you're still here there must be a reason
Because you keep messaging me
come on
So I'm listening to you
?
that's it?
Yeah?
you clearly still care somewhat?
You have a lot to say to me

You blocked messages and calls from Alex Elmslie's Facebook account
You can't message or call them in this chat, and you won't receive their messages or calls.

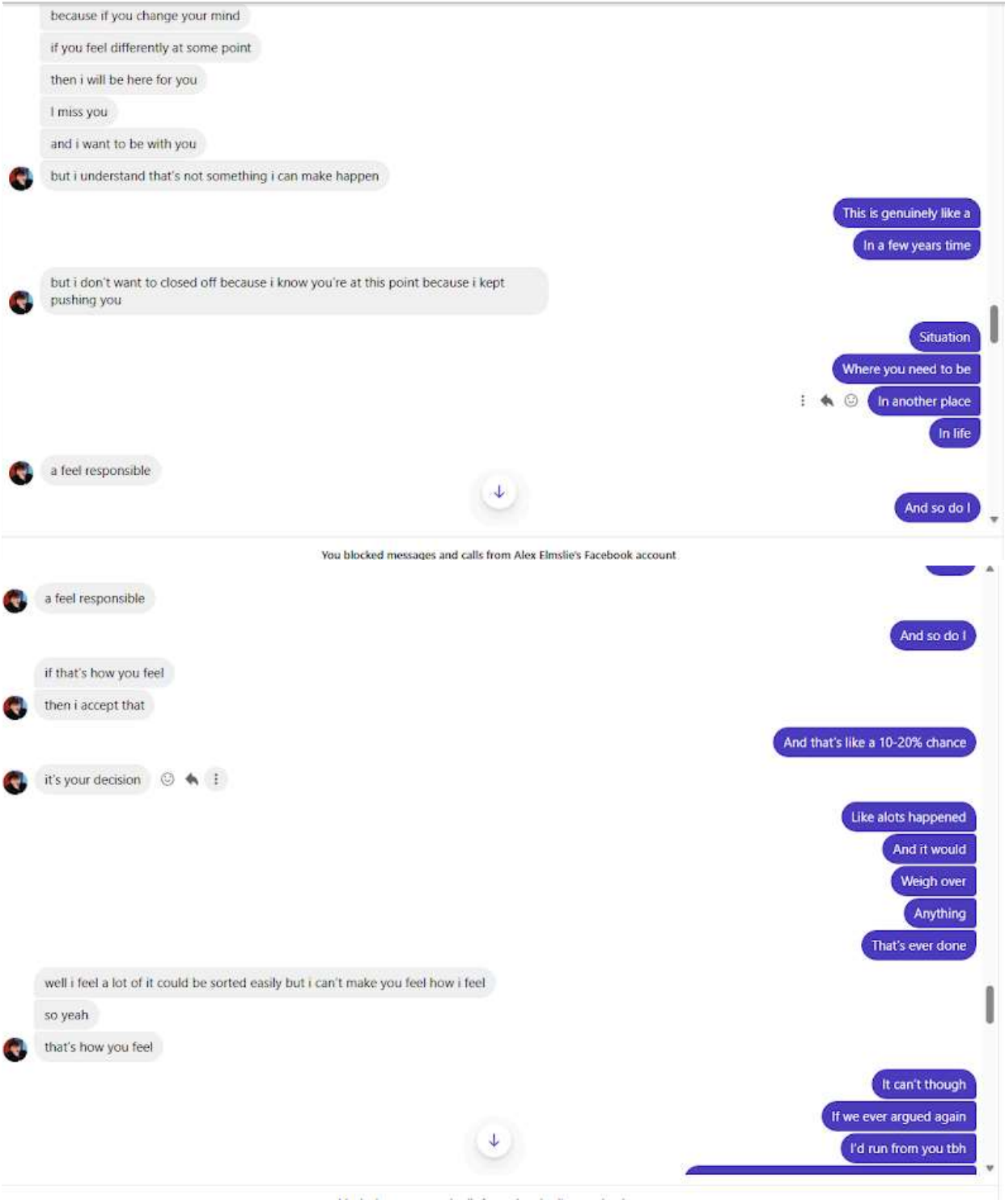
# Response - Read First


You have a lot to say to me
I'm letting you say it all
and would like to fix it?
Fix what
yeah i do
For what outcome
What's the goal
i want to make you feel better at least
You can't do that
You are the reason I'm like this you are not the cure to it
i'm not looking for anything more i missed that chance
Yea no I get that
I do
I get you wanna help me
Too
I just

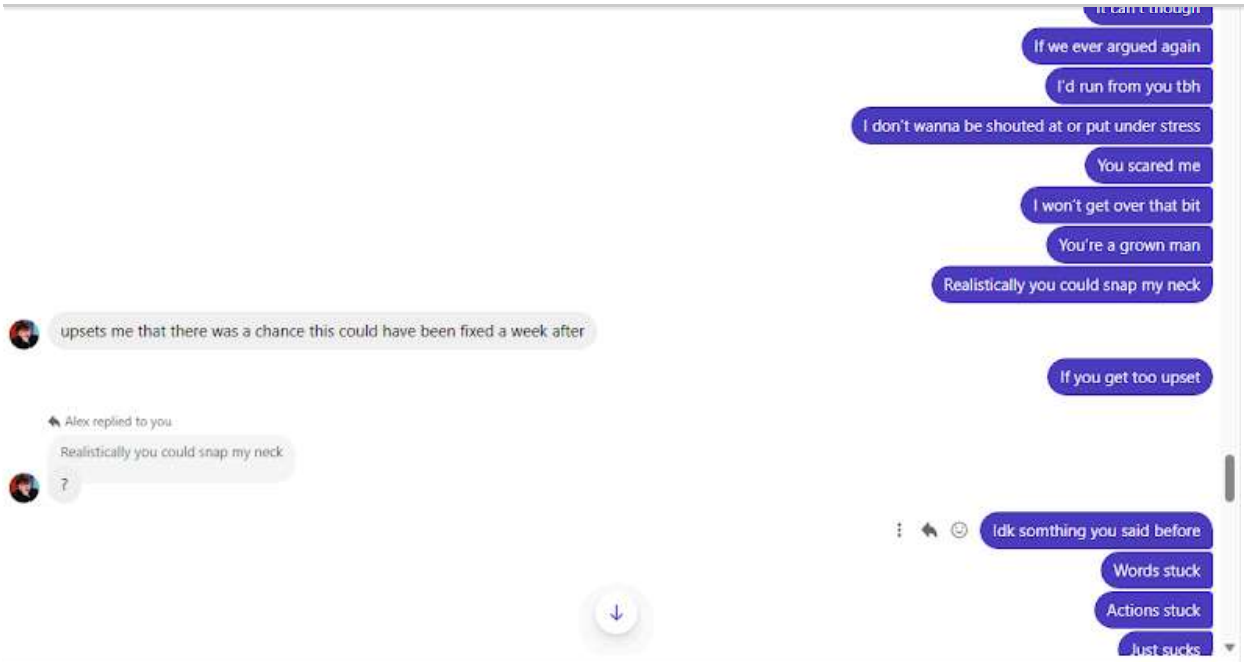
You blocked messages and calls from Alex Elmslie's Facebook account

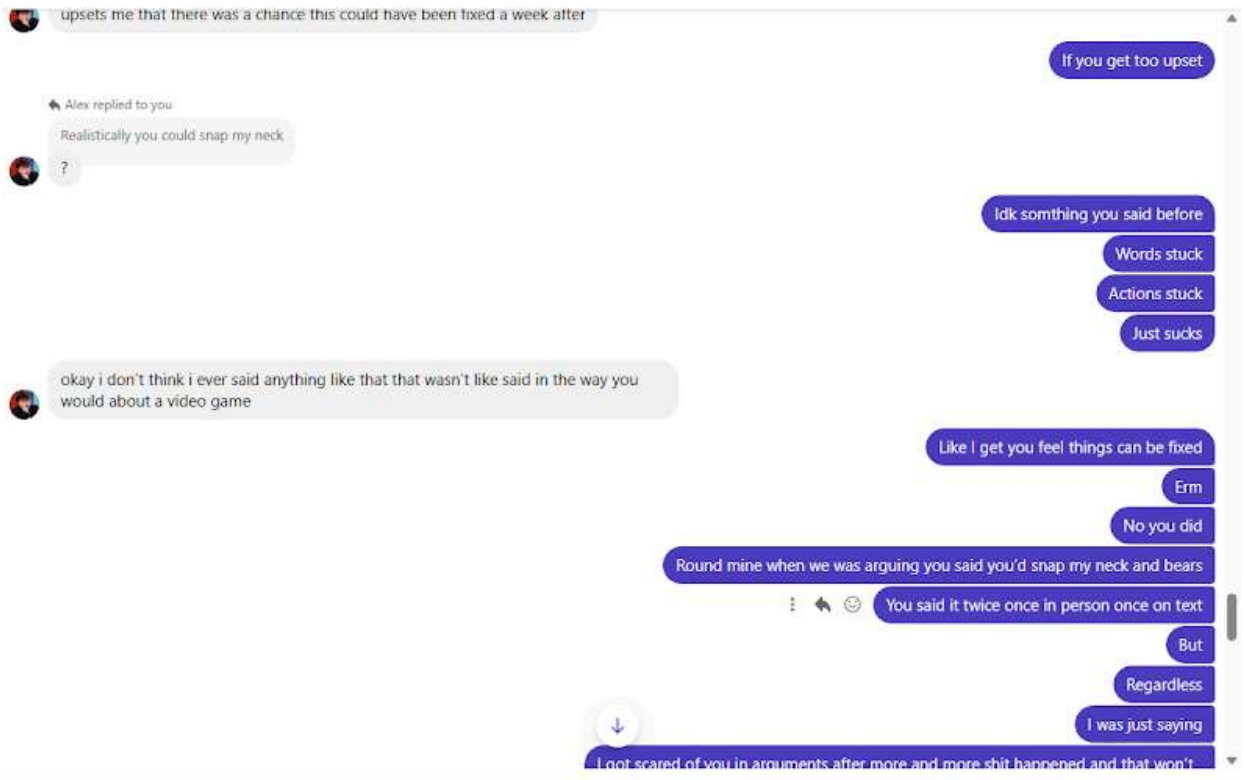

I get you wanna help me
Too
I just
I'm not
Helpable
yes you are
If that makes sense
No I mnot
Because I don't wanna be helped
don't say that
well then at least leave this open
we do t have to talk anymore
i'm okay with that
Yea I won't block here that's fine
well i'm not but you know what i mean
because if you change your mind
if you feel differently at some point
then i will be here for you

# Response - Read First

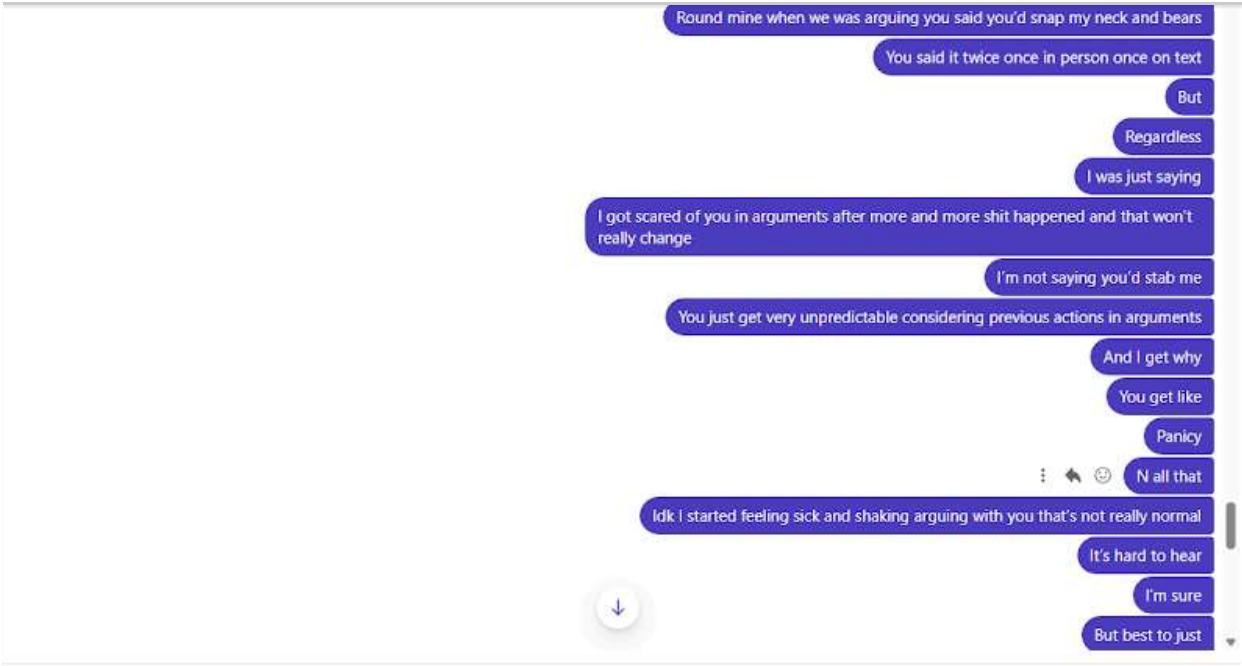

because if you change your mind
if you feel differently at some point
then i will be here for you
I miss you
and i want to be with you
but i understand that's not something i can make happen
This is genuinely like a
In a few years time
but i don't want to closed off because i know you're at this point because i kept pushing you
Situation
Where you need to be
In another place
In life
a feel responsible
And so do I
You blocked messages and calls from Alex Elmslie's Facebook account
a feel responsible
And so do I
if that's how you feel
then i accept that
And that's like a 10-20% chance
it's your decision
Like alots happened
And it would
Weigh over
Anything
That's ever done
well i feel a lot of it could be sorted easily but i can't make you feel how i feel
so yeah
that's how you feel
It can't though
If we ever argued again
I'd run from you tbh

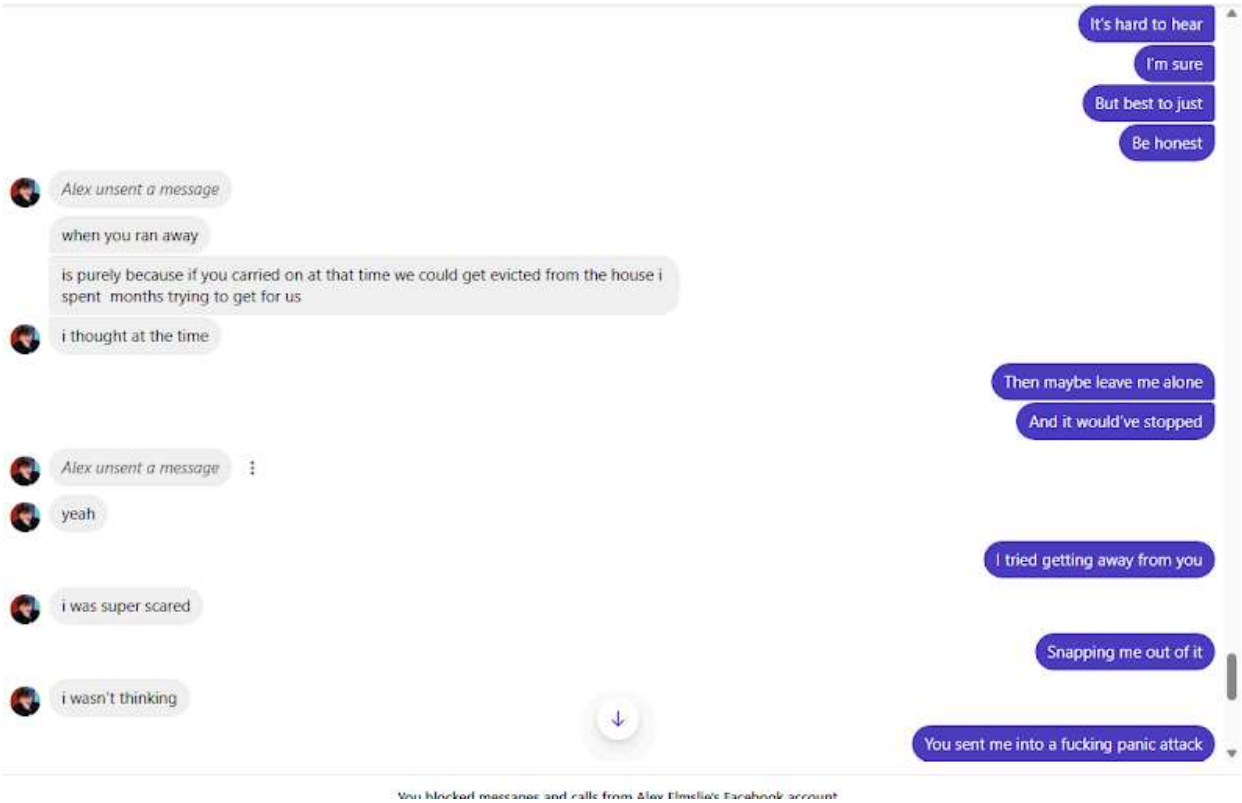
# Response - Read First


If we ever argued again
I'd run from you tbh
I don't wanna be shouted at or put under stress
You scared me
I won't get over that bit
You're a grown man
Realistically you could snap my neck
upsets me that there was a chance this could have been fixed a week after
If you get too upset
Alex replied to you
Realistically you could snap my neck
?
Idk somthing you said before
Words stuck
Actions stuck
Just sucks


upsets me that there was a chance this could have been fixed a week after
If you get too upset
Alex replied to you
Realistically you could snap my neck
?
Idk somthing you said before
Words stuck
Actions stuck
Just sucks
okay i don't think i ever said anything like that that wasn't like said in the way you would about a video game
Like I get you feel things can be fixed
Erm
No you did
Round mine when we was arguing you said you'd snap my neck and bears
You said it twice once in person once on text
But
Regardless
I was just saying

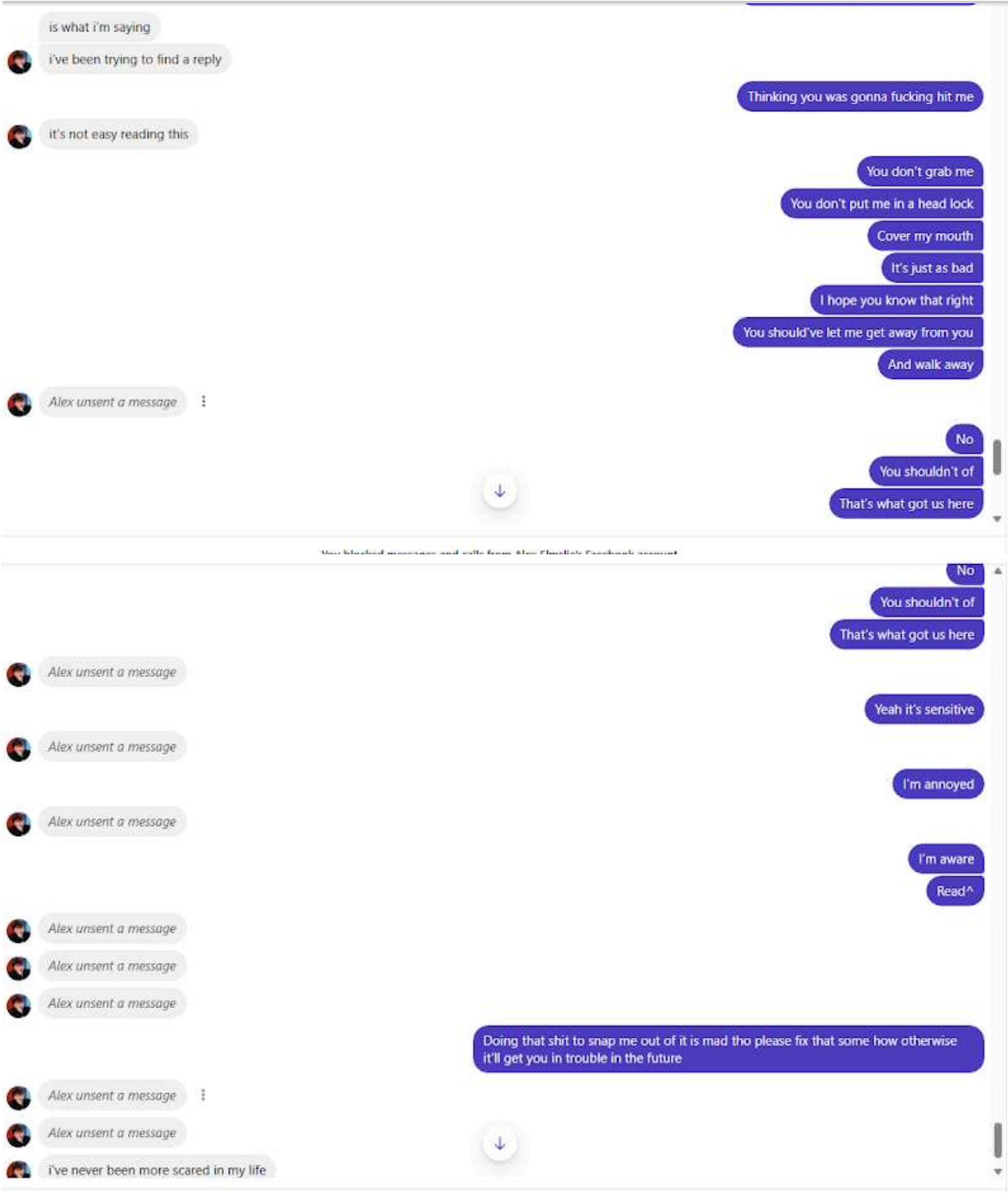
# Response - Read First


Round mine when we was arguing you said you'd snap my neck and bears
You said it twice once in person once on text
But
Regardless
I was just saying
I got scared of you in arguments after more and more shit happened and that won't really change
I'm not saying you'd stab me
You just get very unpredictable considering previous actions in arguments
And I get why
You get like
Panicy
N all that
Idk I started feeling sick and shaking arguing with you that's not really normal
It's hard to hear
I'm sure
But best to just

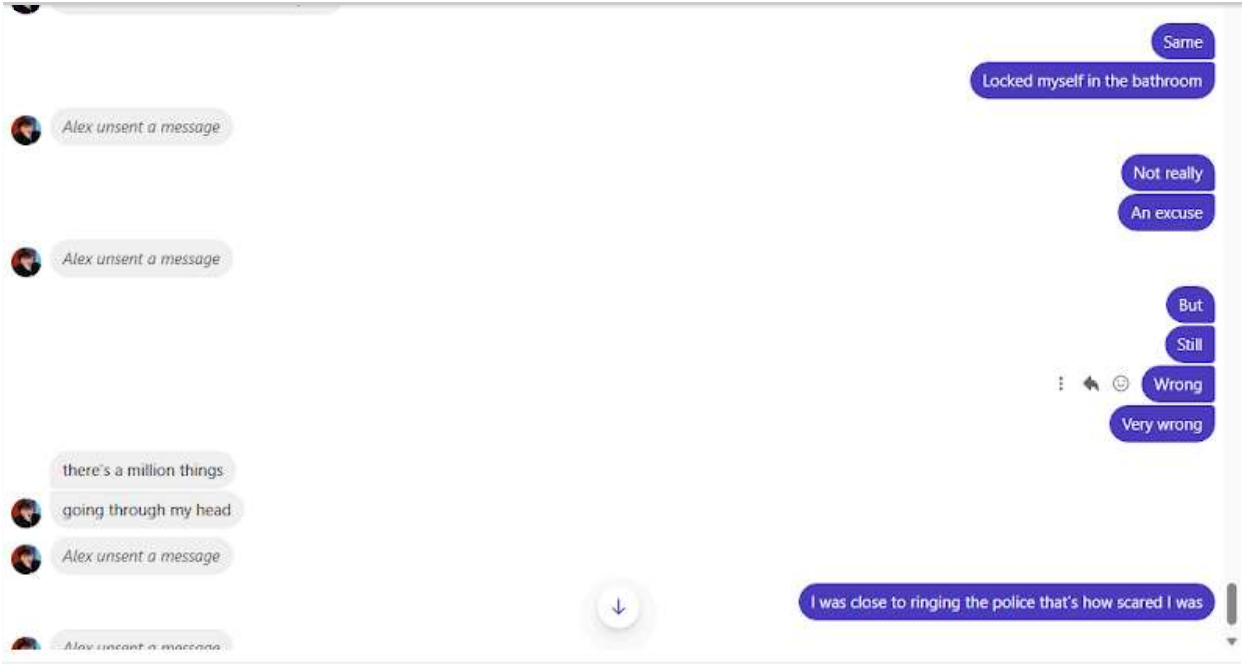

It's hard to hear
I'm sure
But best to just
Be honest
Alex unsent a message
when you ran away
is purely because if you carried on at that time we could get evicted from the house i spent months trying to get for us
i thought at the time
Then maybe leave me alone
And it would've stopped
Alex unsent a message
yeah
I tried getting away from you
i was super scared
Snapping me out of it
i wasn't thinking
You sent me into a fucking panic attack

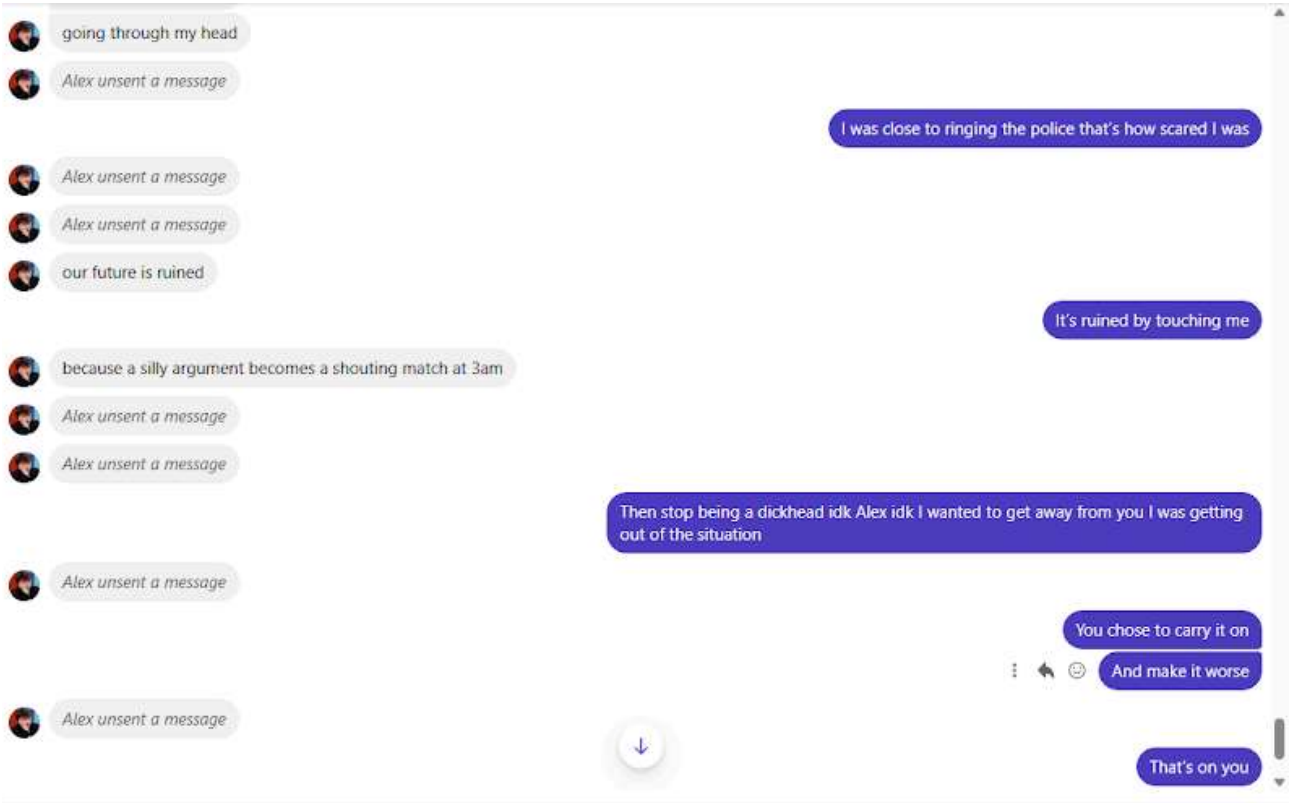
You blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First

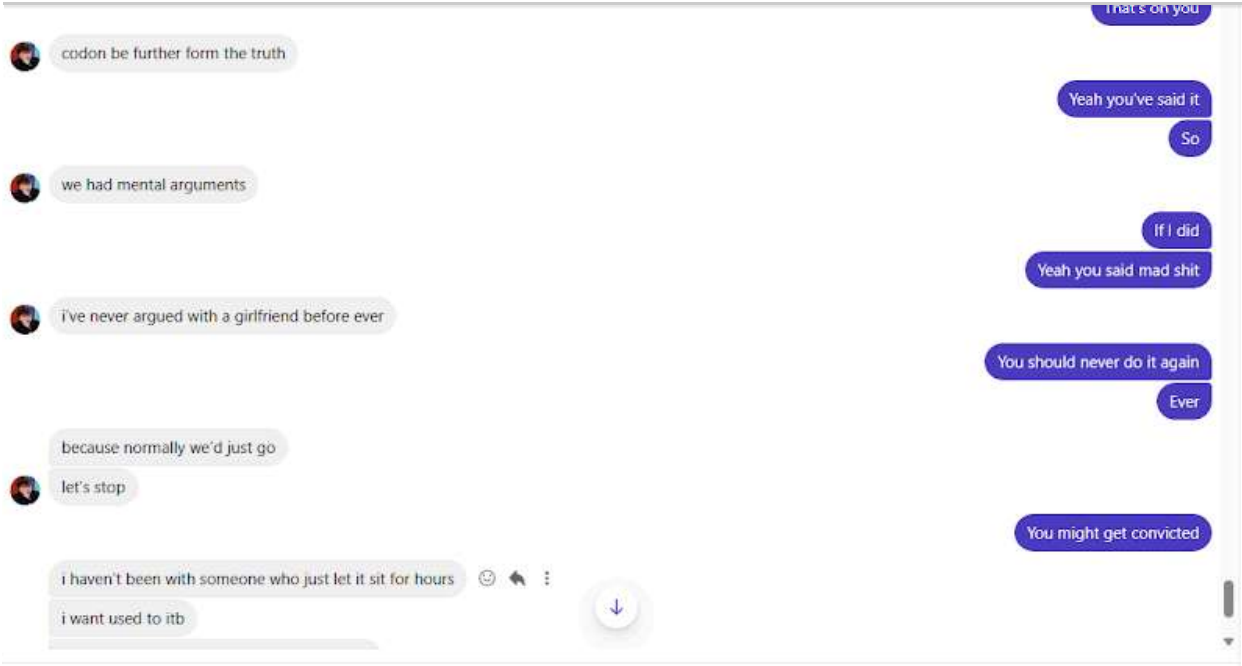

is what i'm saying
i've been trying to find a reply
Thinking you was gonna fucking hit me
it's not easy reading this
You don't grab me
You don't put me in a head lock
Cover my mouth
It's just as bad
I hope you know that right
You should've let me get away from you
And walk away
Alex unsent a message
No
You shouldn't of
That's what got us here
No
You shouldn't of
That's what got us here
Alex unsent a message
Yeah it's sensitive
Alex unsent a message
I'm annoyed
Alex unsent a message
I'm aware
Read^
Alex unsent a message
Alex unsent a message
Alex unsent a message
Doing that shit to snap me out of it is mad tho please fix that some how otherwise it'll get you in trouble in the future
Alex unsent a message
Alex unsent a message
i've never been more scared in my life

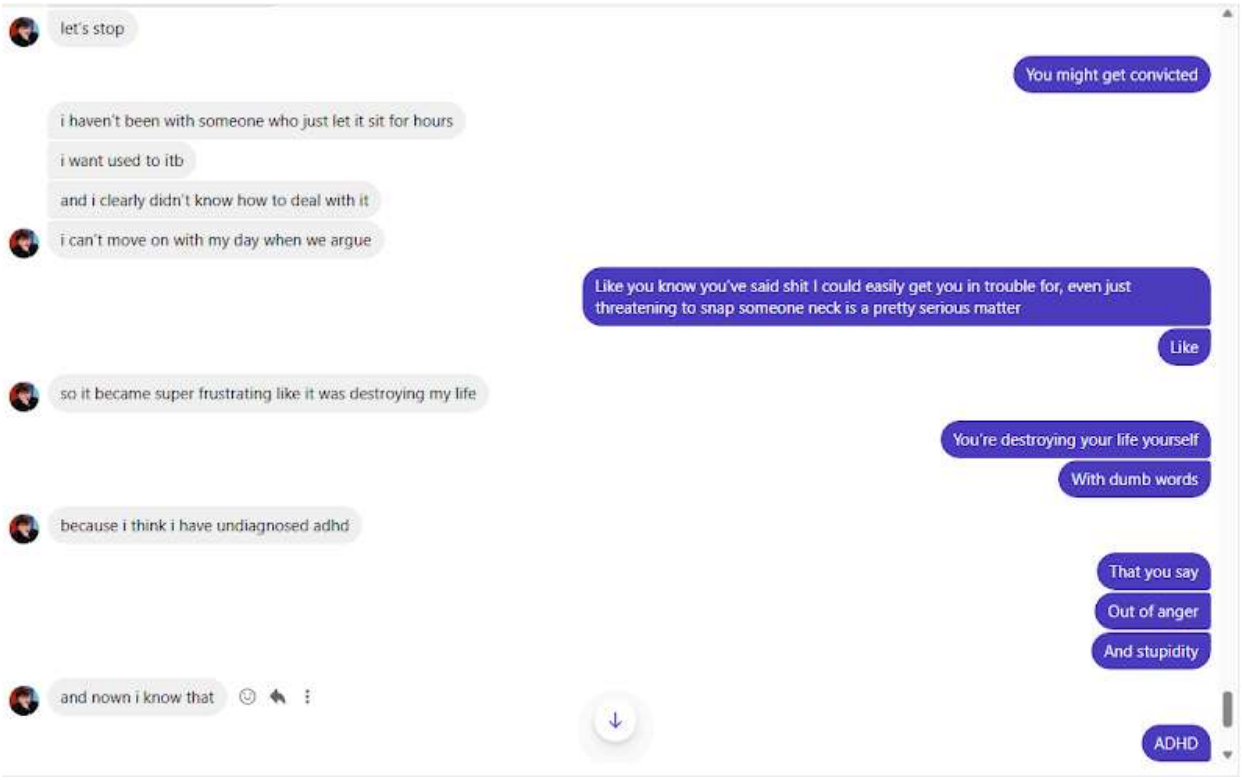
# Response - Read First



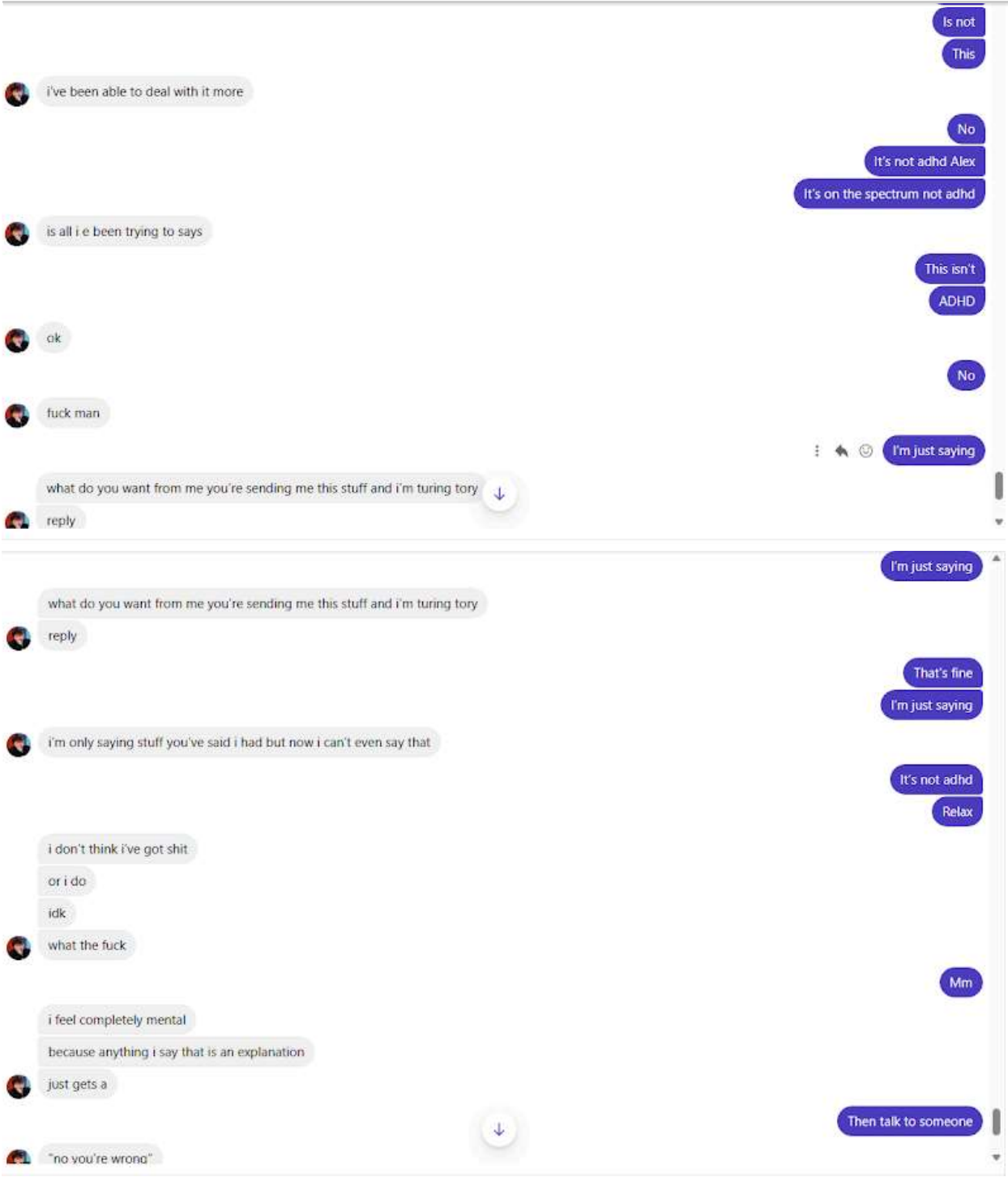


going through my head
Alex unsent a message
I was close to ringing the police that's how scared I was
Alex unsent a message
Alex unsent a message
our future is ruined
It's ruined by touching me
because a silly argument becomes a shouting match at 3am
Alex unsent a message
Alex unsent a message
Then stop being a dickhead idk Alex idk I wanted to get away from you I was getting out of the situation
Alex unsent a message
You chose to carry it on
And make it worse
Alex unsent a message
That's on you

# Response - Read First

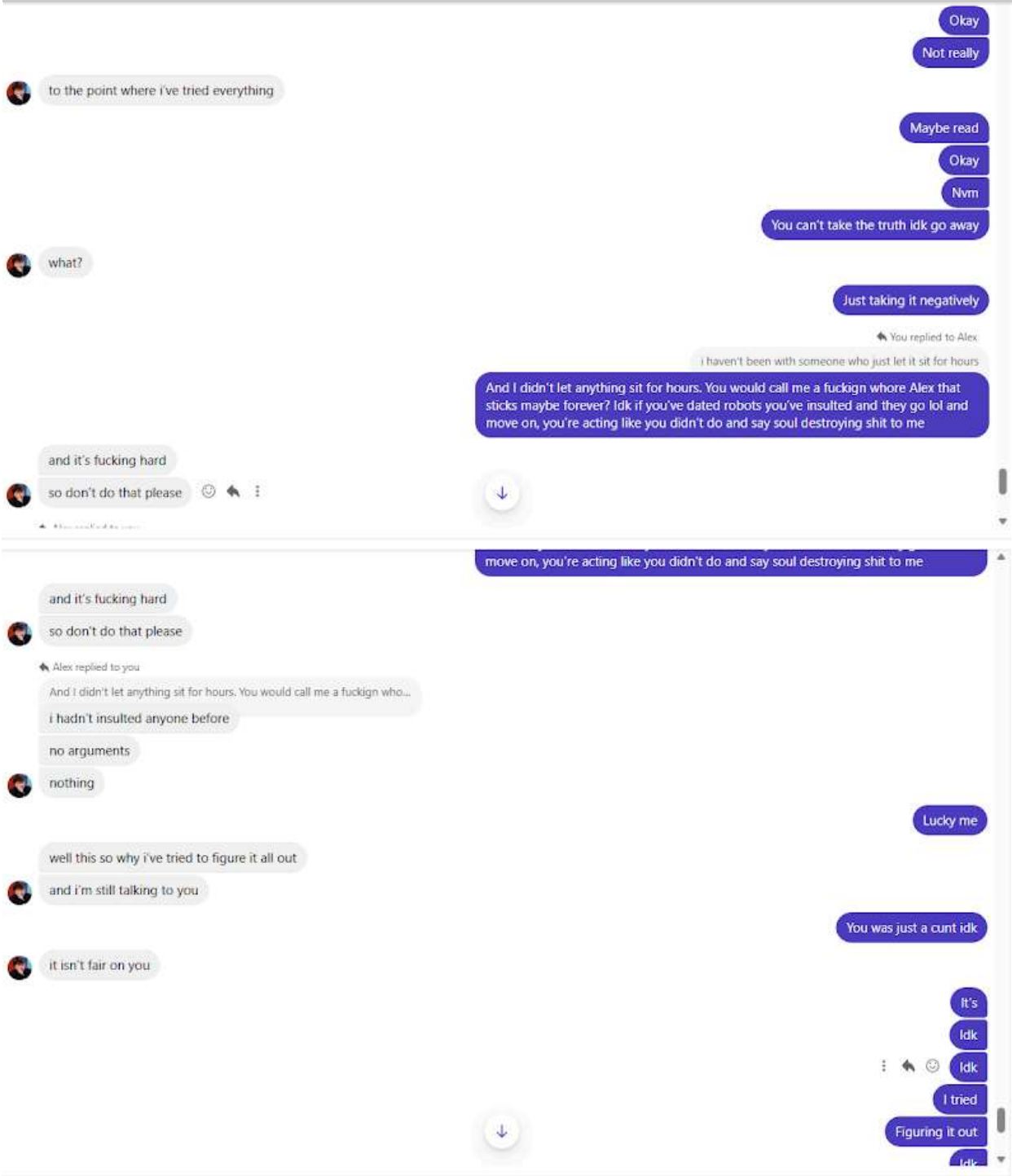

That's on you
codon be further form the truth
Yeah you've said it
So
we had mental arguments
If I did
Yeah you said mad shit
i've never argued with a girlfriend before ever
You should never do it again
Ever
because normally we'd just go
let's stop
You might get convicted
i haven't been with someone who just let it sit for hours
i want used to itb


let's stop
You might get convicted
i haven't been with someone who just let it sit for hours
i want used to itb
and i clearly didn't know how to deal with it
i can't move on with my day when we argue
Like you know you've said shit I could easily get you in trouble for, even just threatening to snap someone neck is a pretty serious matter
Like
so it became super frustrating like it was destroying my life
You're destroying your life yourself
With dumb words
because i think i have undiagnosed adhd
That you say
Out of anger
And stupidity
and nown i know that
ADHD

# Response - Read First


Is not
This
i've been able to deal with it more
No
It's not adhd Alex
It's on the spectrum not adhd
is all i e been trying to says
This isn't
ADHD
ok
No
fuck man
I'm just saying
what do you want from me you're sending me this stuff and i'm turing tory
reply
I'm just saying
what do you want from me you're sending me this stuff and i'm turing tory
reply
That's fine
I'm just saying
i'm only saying stuff you've said i had but now i can't even say that
It's not adhd
Relax
i don't think i've got shit
or i do
idk
what the fuck
Mm
i feel completely mental
because anything i say that is an explanation
just gets a
Then talk to someone
"no you're wrong"

# Response - Read First


Okay
Not really
to the point where i've tried everything
Maybe read
Okay
Nvm
You can't take the truth idk go away
what?
Just taking it negatively
You replied to Alex
i haven't been with someone who just let it sit for hours
And I didn't let anything sit for hours. You would call me a fuckign whore Alex that sticks maybe forever? Idk if you've dated robots you've insulted and they go lol and move on, you're acting like you didn't do and say soul destroying shit to me
and it's fucking hard
so don't do that please
move on, you're acting like you didn't do and say soul destroying shit to me
and it's fucking hard
so don't do that please
Alex replied to you
And I didn't let anything sit for hours. You would call me a fuckign who...
i hadn't insulted anyone before
no arguments
nothing
Lucky me
well this so why i've tried to figure it all out
and i'm still talking to you
You was just a cunt idk
it isn't fair on you
It's
Idk
Idk
I tried
Figuring it out

e says he's never insulted an ex before, that is a lie.

› sends me emails after i block him on messenger, we exchange emails until i end up blocking him here d go back to messenger.

# Response - Read First

[redacted] to get back at me, this confuses me as you told me you think he's weird but also because you claim to not care about me, this is clearly not true if you are doing stuff like this to upset me and I don't understand why, I have unfollowed [redacted] and did yesterday a long with 60 other people (and counting) because I was going through that as I was talking to you and you can see that if you checked, I don't know why you think I refollowed her because I went through and did it all this morning, maybe I didn't explain myself well I'm not sure.

The reason I'm sending this is because I'm heartbroken and I just don't know what to do anymore, I can't contact you anywhere and you won't talk to me even though you still clearly care, I'm not saying we have to fix our relationship and get back together although I have dreamed of that ever since you left. I've hoped you would call me and talk me through what you needed me to do, I'm slow and have only just started to get round to everything that made you uncomfortable and yes by this email it is clearly too late, but I am doing so anyway.

I reached out to you because I can see you hurting, you may say you don't care and you aren't bothered by what I do but that is clearly not the case and i'm not saying that to be rude, i'm saying that because if you talk to me we can fucking fix this together and I would want nothing more, I dream of you calling me and saying "here's what you need to do, and maybe we can talk" i took the 7 days off messaging you, it was the hardest seven days of my life. I don't want a life without you in it.

I deeply apologise for being shitty at this, I don't know hat i'm doing. But if you do still care please message me on facebook and imessage, let me try and fix this because I am desperate for my munkus back more than anything in the world, I would do anything to change and get you back, i'm even writing a bloody email.

I understand if you don't respond to this, but i am praying that you do. I will always wait for you.

Love you.

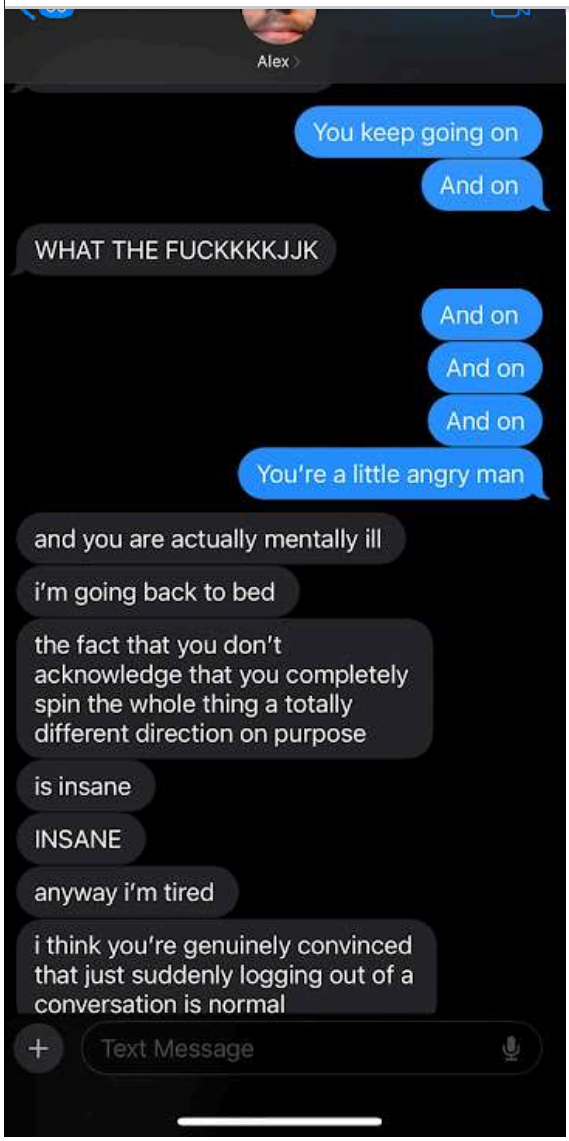
# Response - Read First

145
alice
I get pretty angry with myself and everyone around me, another thing with bpd but I just say it's me, I have huge anger issues that I eat and push down so so so so so far to my stomach so when I am triggered like last night I honestly can't go back, once it's out it's out and I'm best left alone for a little second so I can chill out and regroup my throughs otherwise I'm definitely saying things I really don't mean. There was a lot I came out with that I regret and I'll tell myself you're the same but idk, that was just so crazy in my head, it was mental
I hate speaking bad and negative
That was so toxic last night
I think mostly when we left call
With the texts
Idk what to do
6 Apr 2023 at 11:23
i want to talk face to face
are you awake
I'm awake I'm just doing all my work quick
iMessage

e claims I am not empathetic because of BPD. I have heightened emotions and empathy is a massive ne for me. I may have worded this terribly in my first statement but I didn't know how else to express e dynamic between us. I told him that when I feel emotions I feel them X100 i wanted him to be aware f this. I opened up about this a month into the relationship as we had argued and I struggled really adly afterwards. I felt as if my reactions were maybe heightened because of this and I was vulnerable ith him.

e then claims I told him I'm “self diagnosed” this is a lie and I am not. He used this many times in our elationship and called me a mentally ill freak after reacting to his abuse. He was the one who used this gainst me, and admits to it in these messages i'll put below.

# Response - Read First


Alex
You keep going on
And on
WHAT THE FUCKKKKJJK
And on
And on
And on
You're a little angry man
and you are actually mentally ill
i'm going back to bed
the fact that you don't acknowledge that you completely spin the whole thing a totally different direction on purpose
is insane
INSANE
anyway i'm tired
i think you're genuinely convinced that just suddenly logging out of a conversation is normal
Text Message

i used your bpd as excuse as if i was doing that for you

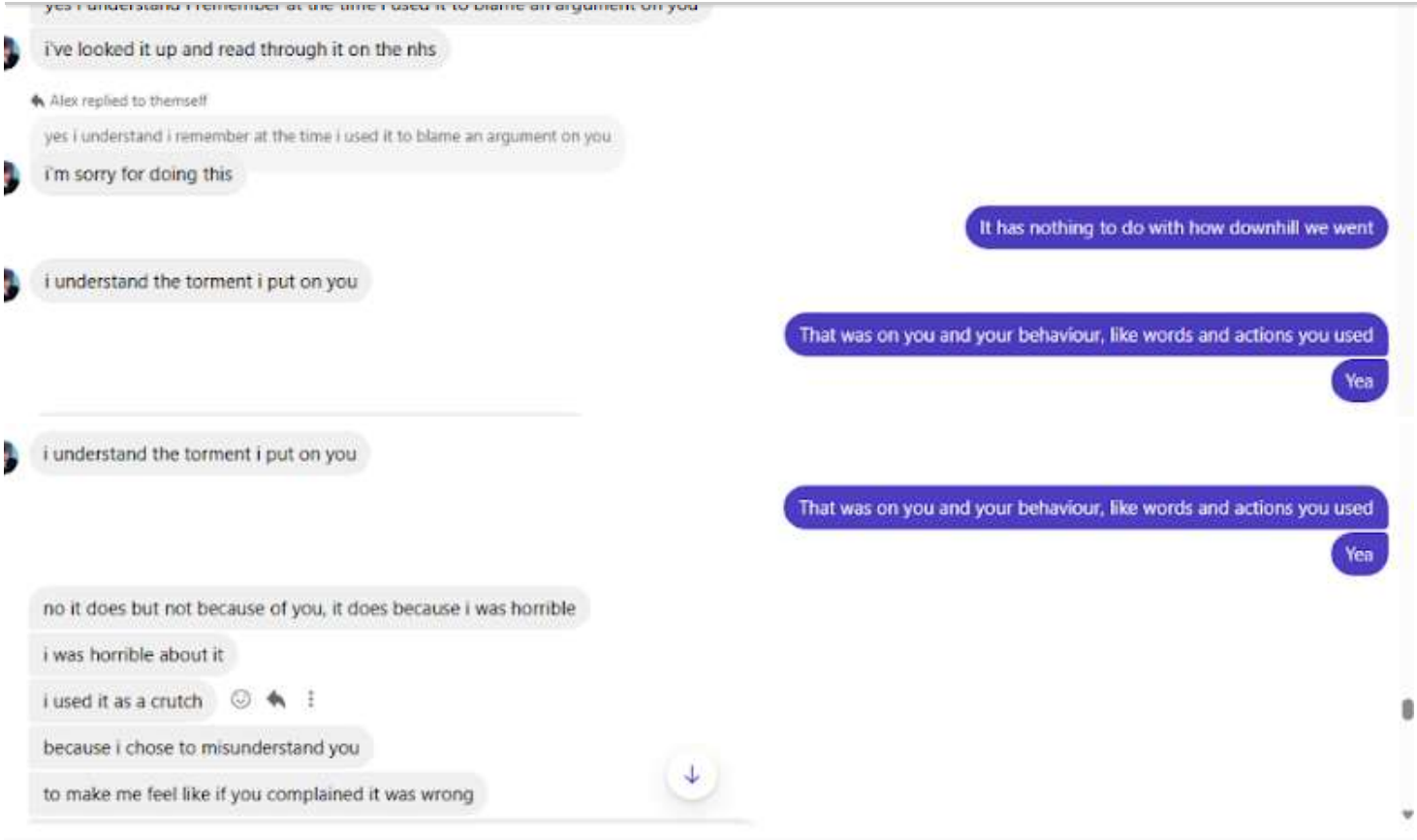
i wasn't

i was hurting you

insulting you

and then blaming you

# Response - Read First

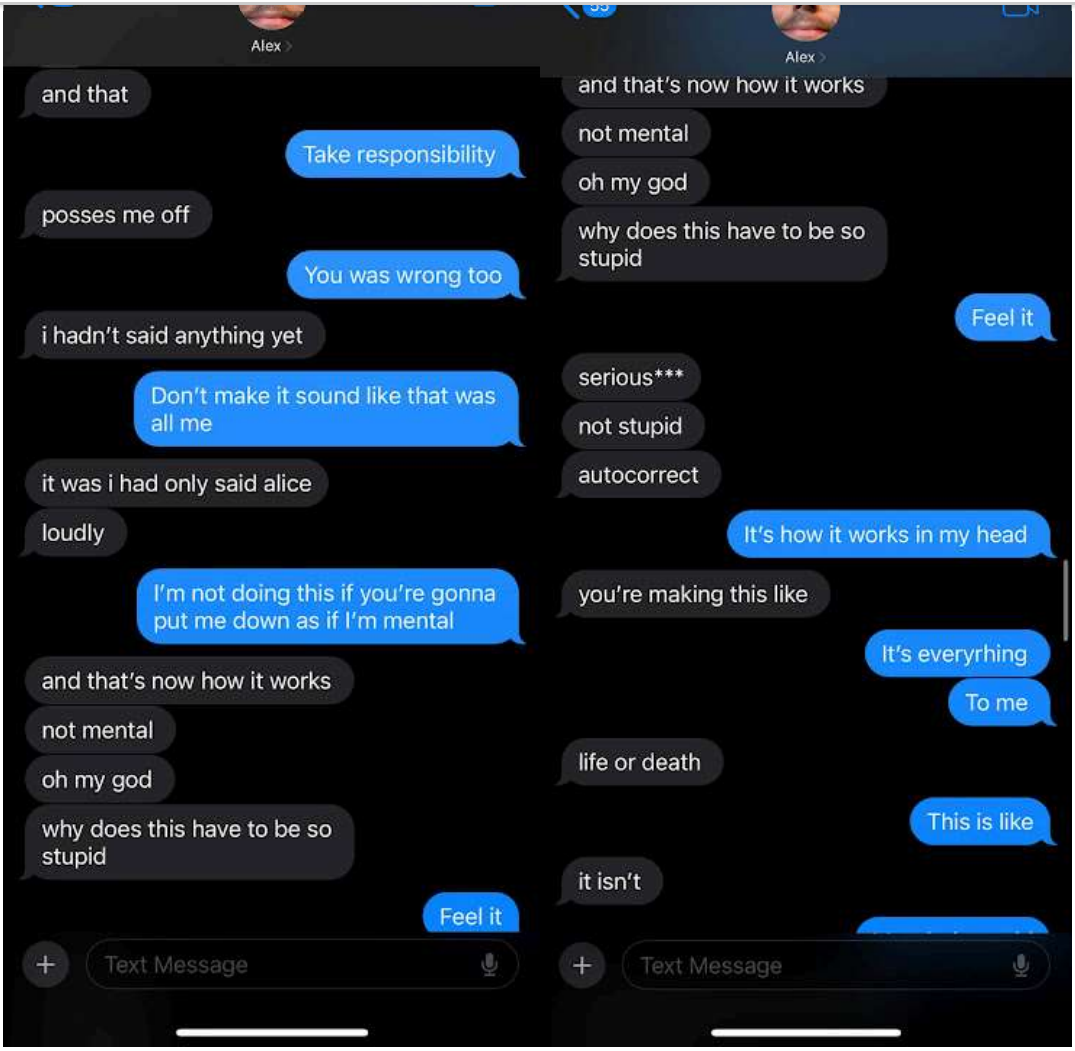

i've looked it up and read through it on the nhs
Alex replied to themself
yes i understand i remember at the time i used it to blame an argument on you
i'm sorry for doing this
It has nothing to do with how downhill we went
i understand the torment i put on you
That was on you and your behaviour, like words and actions you used
Yea
i understand the torment i put on you
That was on you and your behaviour, like words and actions you used
Yea
no it does but not because of you, it does because i was horrible
i was horrible about it
i used it as a crutch
because i chose to misunderstand you
to make me feel like if you complained it was wrong

# Response - Read First

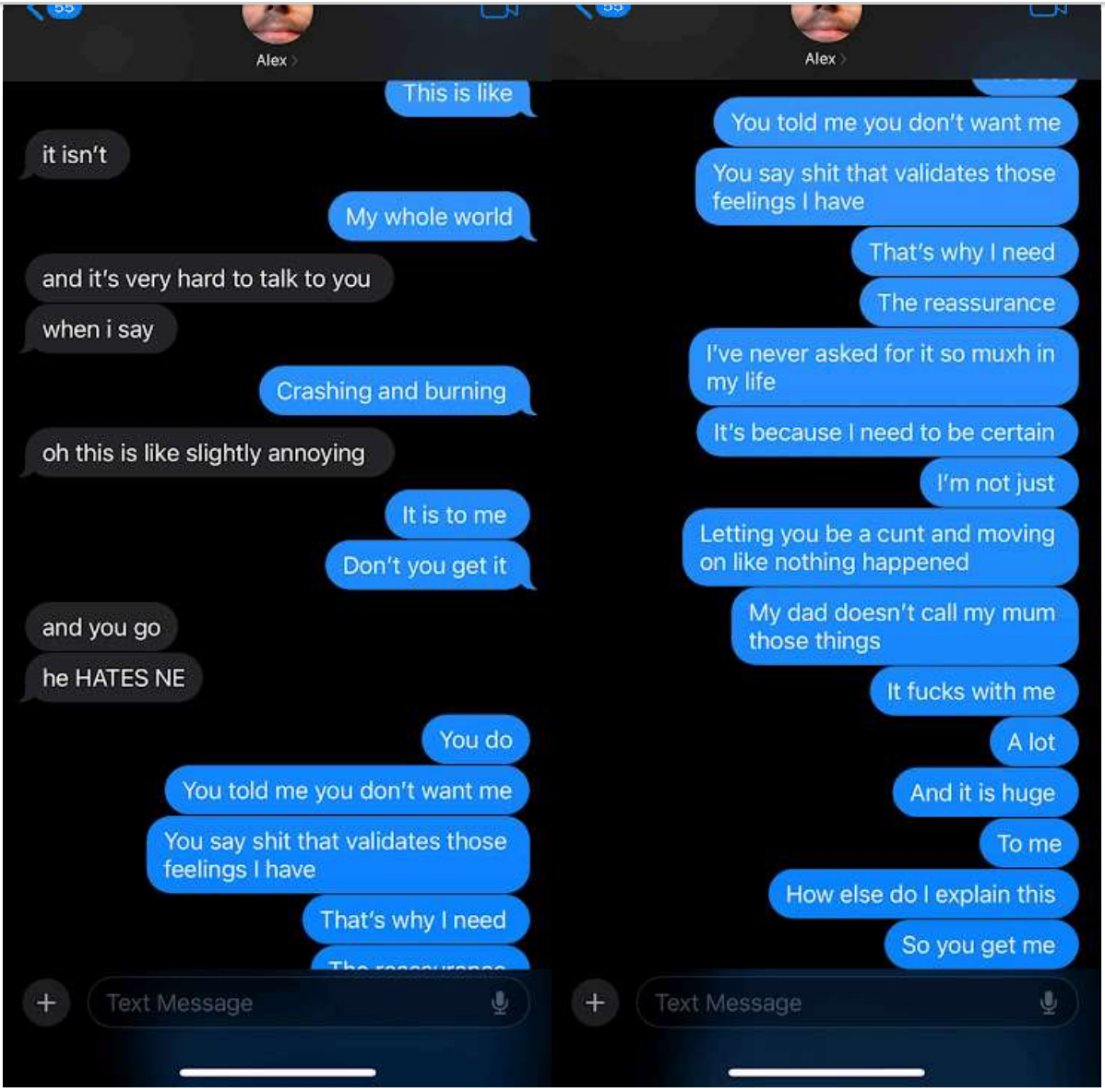
He adds no context to this picture, his only claim is that i told him i'm “self diagnosed” which is a lie, that he didn't even back up.

Here's more context, as the argument was me coming to him needing reassurance as he told me he didn't want me while arguing before. He says this was a “big part” of our relationship, and to me, compared to everything that happened this was miniscule. It may have played a part onto why i couldn't get over things he had done, it may play a part into why i reacted the way i did with such irrational language, and being able to cut off any ability to care after being put through so much, but this does not and will never take away from what i was reacting to, or the things alex did to me. I would never use my own mental issues as an excuse.

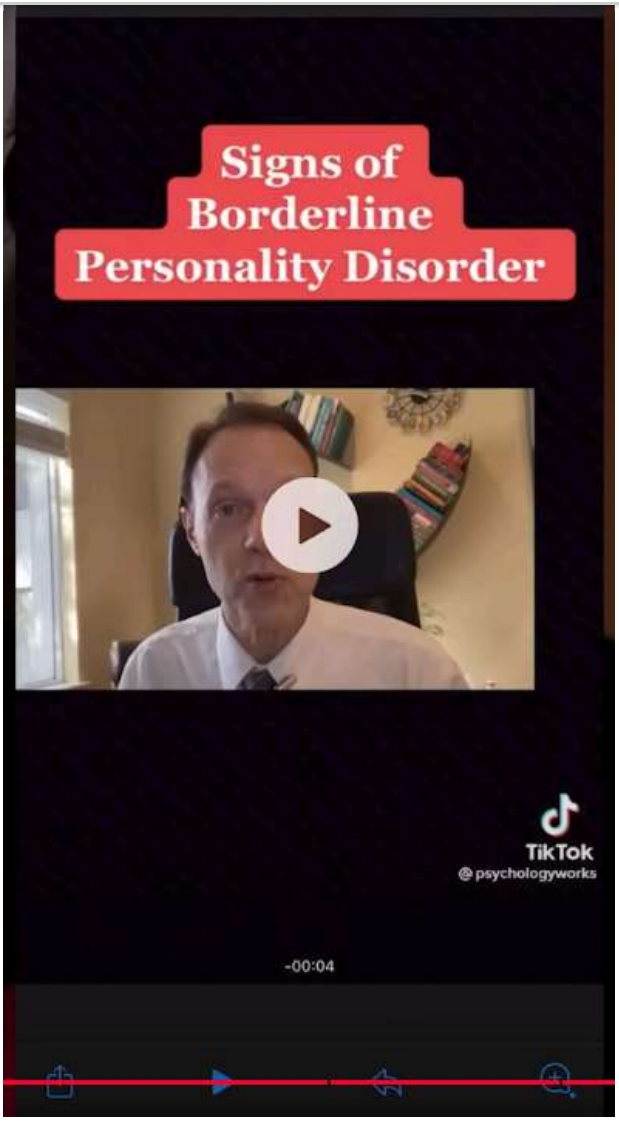
# Response - Read First



# Response - Read First


Alex
This is like
it isn't
My whole world
and it's very hard to talk to you
when i say
Crashing and burning
oh this is like slightly annoying
It is to me
Don't you get it
and you go
he HATES NE
You do
You told me you don't want me
You say shit that validates those feelings I have
That's why I need
Text Message
Alex
You told me you don't want me
You say shit that validates those feelings I have
That's why I need
The reassurance
I've never asked for it so muxh in my life
It's because I need to be certain
I'm not just
Letting you be a cunt and moving on like nothing happened
My dad doesn't call my mum those things
It fucks with me
A lot
And it is huge
To me
How else do I explain this
So you get me
Text Message

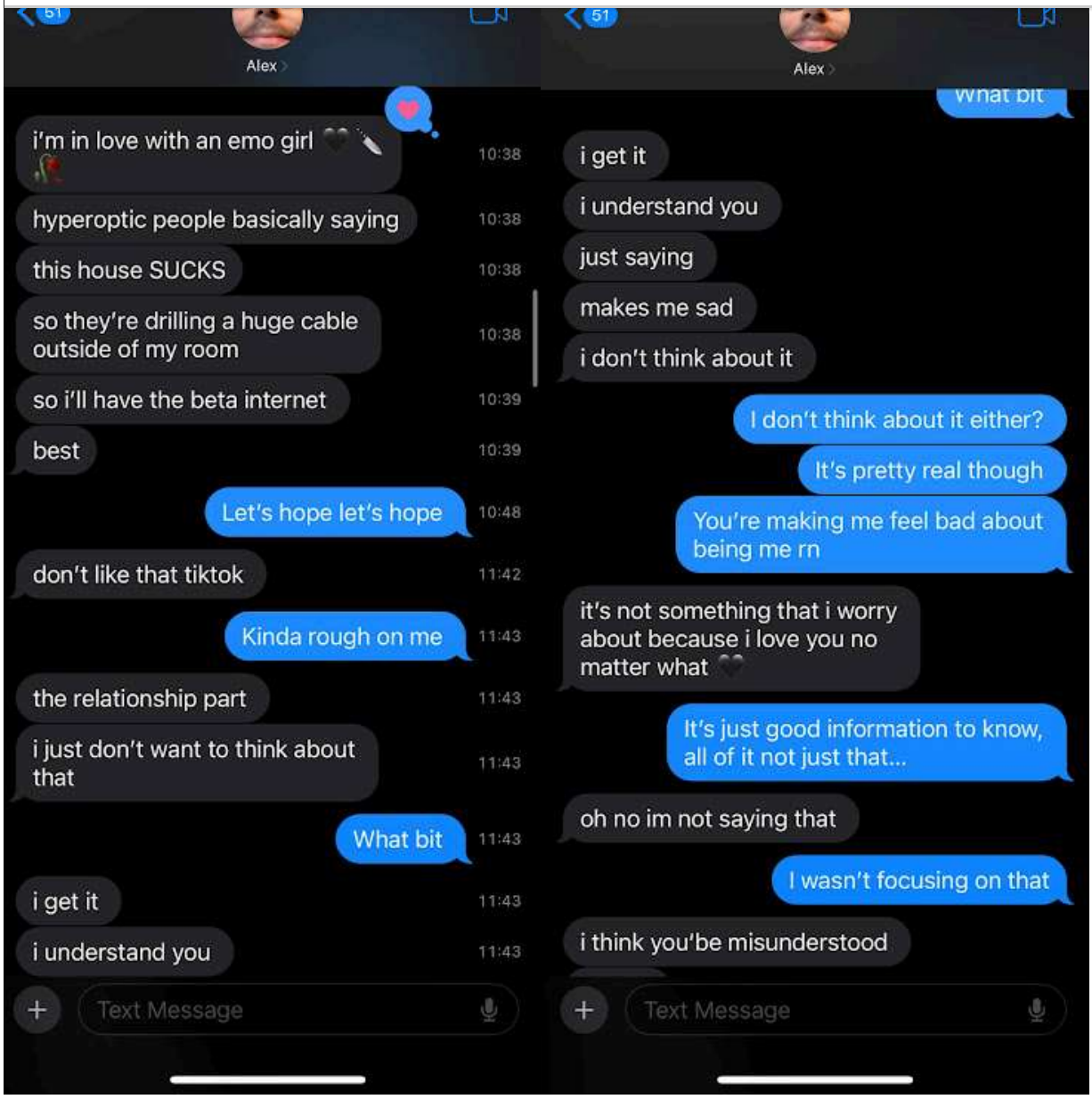
# Response - Read First



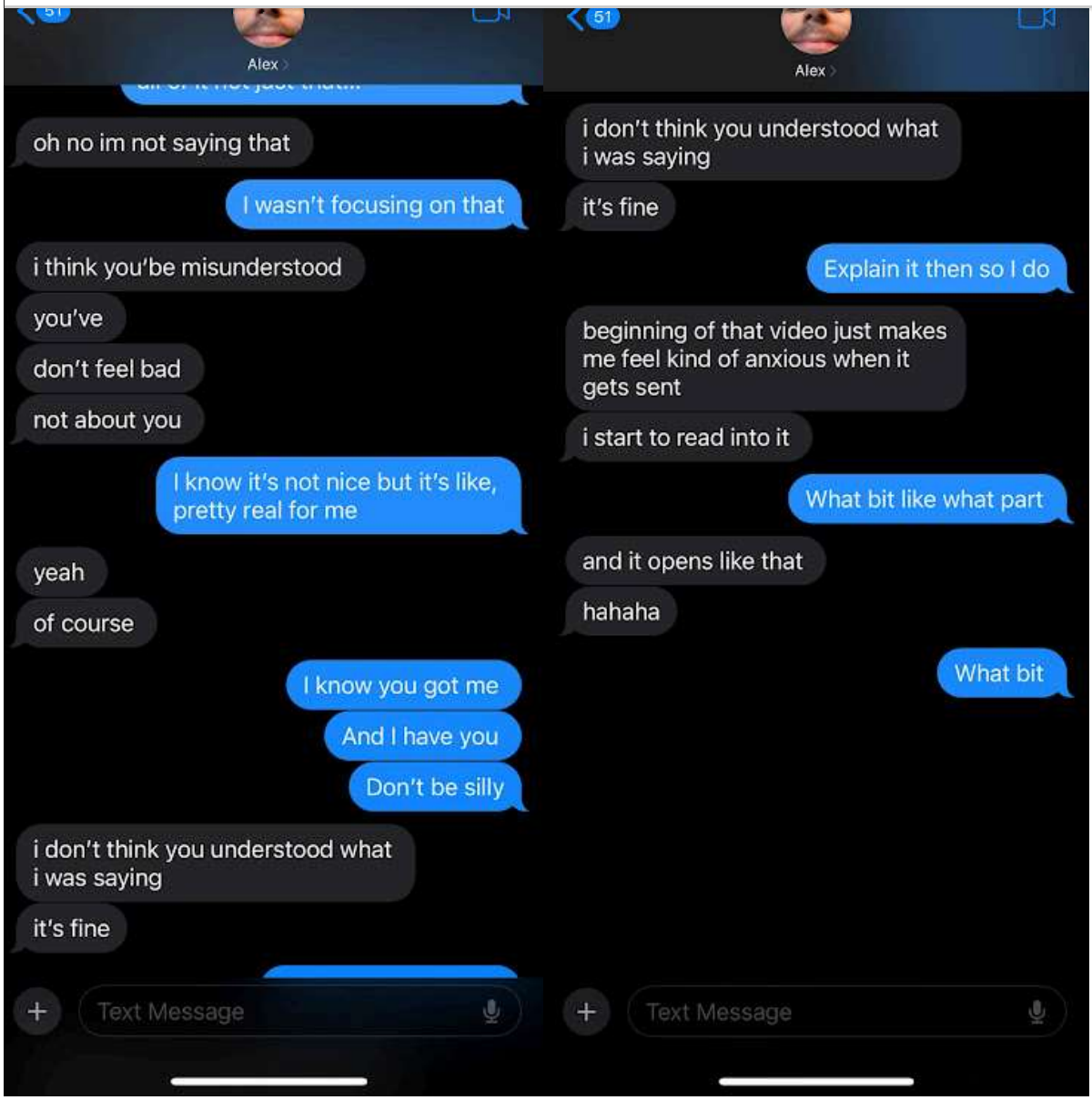

He pulls up a video i sent him on tiktok to help educate him a little, he says in his video i sent this after “verbally abusing him, hitting him and going through his phone” not once are these three points ever mentioned because they did not happen and he is lying, he adds no context or other text messages to prove this. I will now add the conversation, as the truth for this video, is after sending this alex got very angry at me and took it completely wrong. He hyper fixated on one section of this video, and i felt personally ignored, as he nit picked this and took it very negatively. This was a situation of bad communication on both parts, but to say i sent this to explain why i “hit and abuse him” is disgustingly wrong and a lie to try solidate his fake story.

This was again early in the relationship, in april.

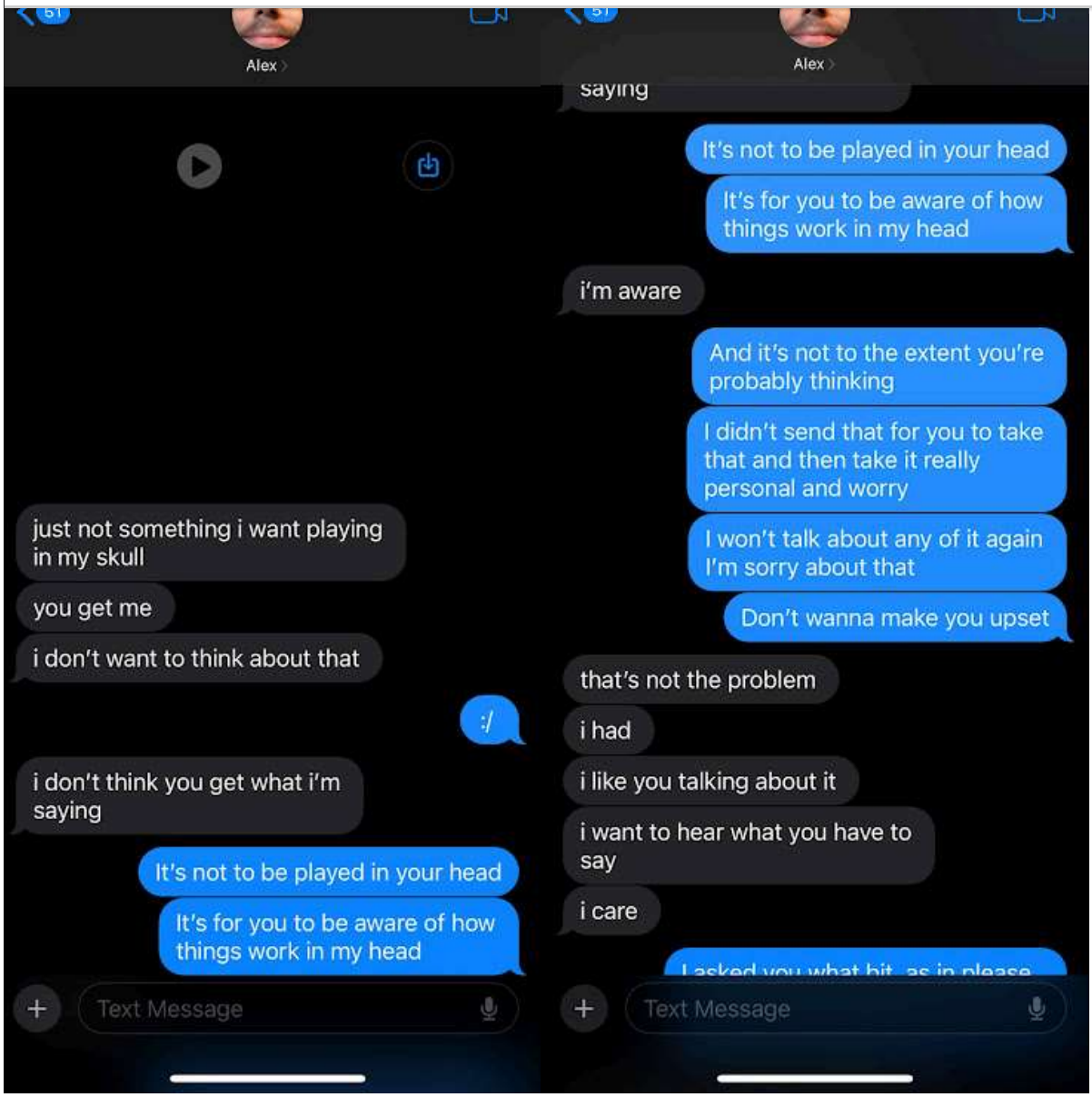
# Response - Read First



# Response - Read First

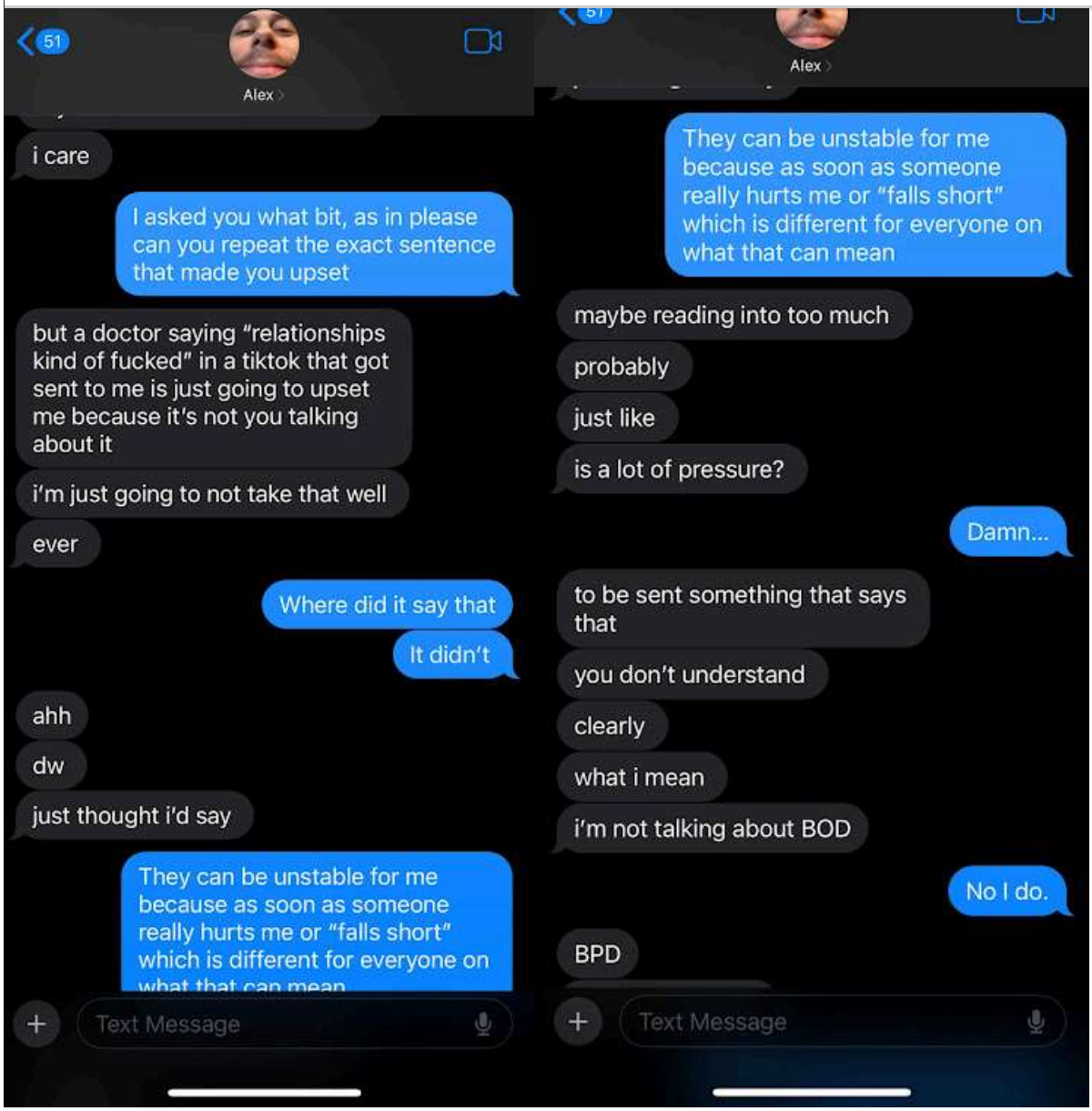

Alex
oh no im not saying that
I wasn't focusing on that
i think you'be misunderstood
you've
don't feel bad
not about you
I know it's not nice but it's like, pretty real for me
yeah
of course
I know you got me
And I have you
Don't be silly
i don't think you understood what i was saying
it's fine
Text Message
Alex
i don't think you understood what i was saying
it's fine
Explain it then so I do
beginning of that video just makes me feel kind of anxious when it gets sent
i start to read into it
What bit like what part
and it opens like that
hahaha
What bit
Text Message

# Response - Read First

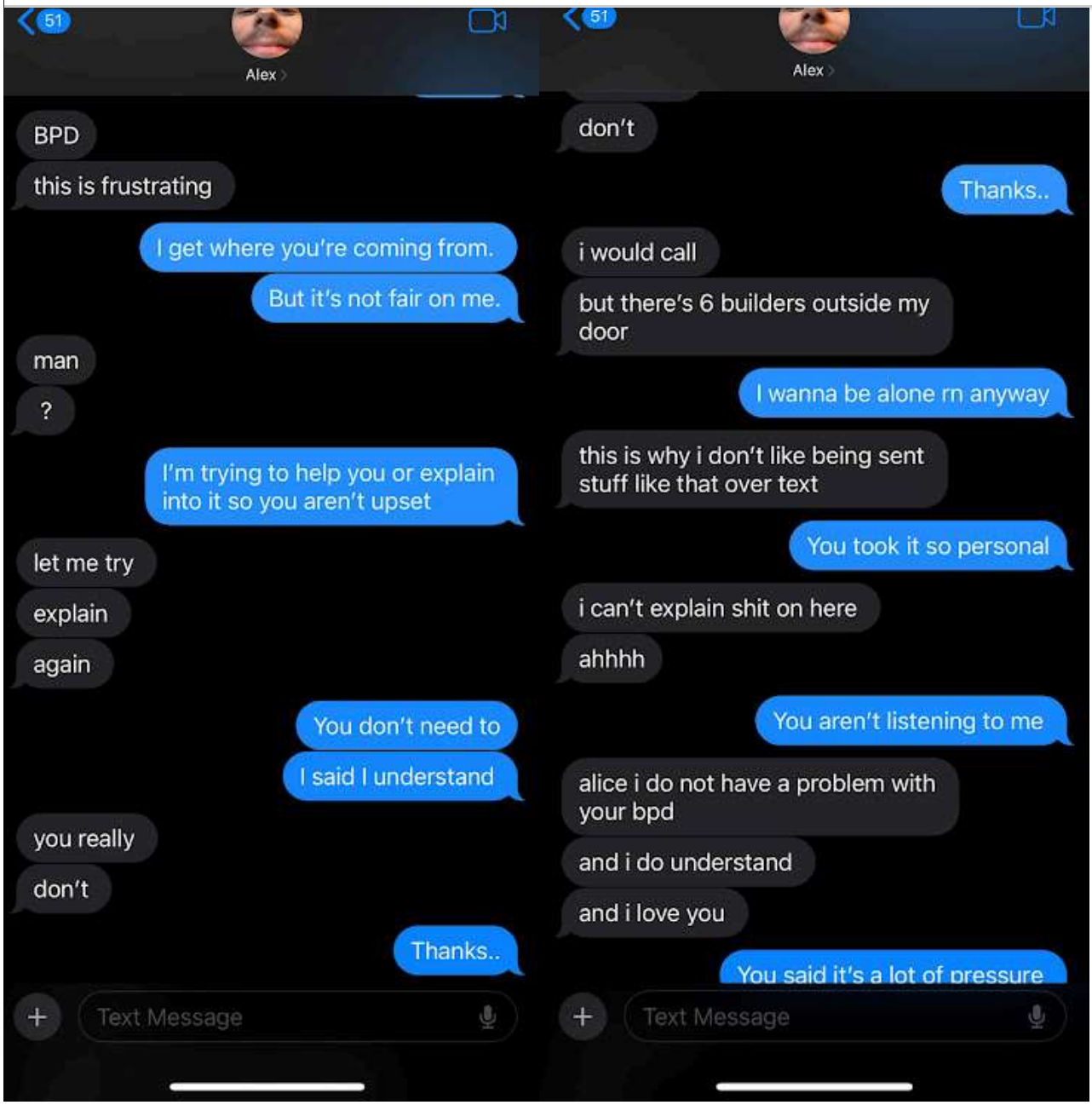

Alex
just not something i want playing in my skull
you get me
i don't want to think about that
:/
i don't think you get what i'm saying
It's not to be played in your head
It's for you to be aware of how things work in my head
Text Message
Alex
saying
It's not to be played in your head
It's for you to be aware of how things work in my head
i'm aware
And it's not to the extent you're probably thinking
I didn't send that for you to take that and then take it really personal and worry
I won't talk about any of it again I'm sorry about that
Don't wanna make you upset
that's not the problem
i had
i like you talking about it
i want to hear what you have to say
i care
Text Message

He added a clip in the beginning where it talks about unstable relationships and how “falling short” can change someone with bpd’s image of the person they're dating.

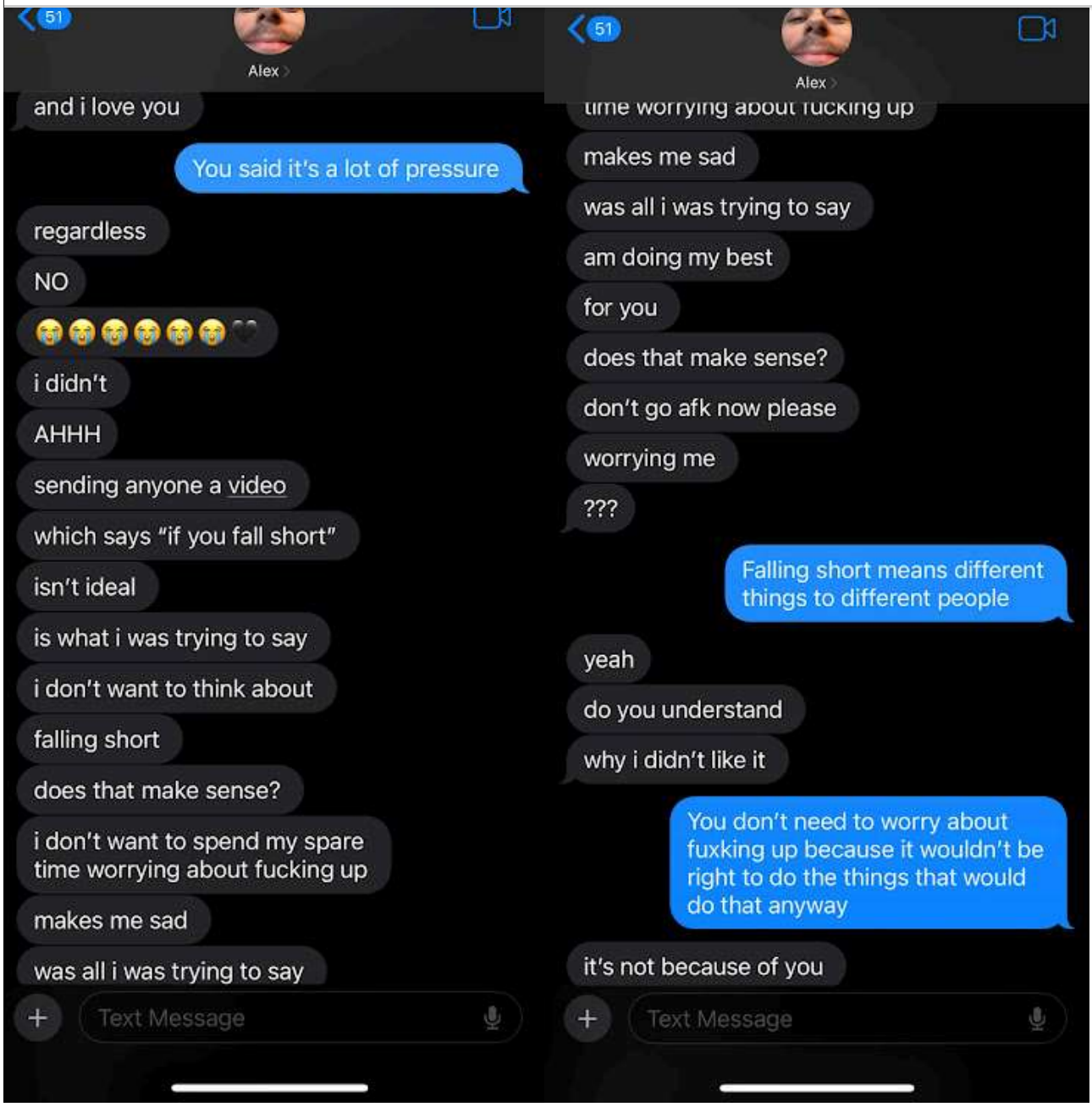
# Response - Read First


51
Alex
i care
I asked you what bit, as in please can you repeat the exact sentence that made you upset
but a doctor saying "relationships kind of fucked" in a tiktok that got sent to me is just going to upset me because it's not you talking about it
i'm just going to not take that well
ever
Where did it say that
It didn't
ahh
dw
just thought i'd say
They can be unstable for me because as soon as someone really hurts me or "falls short" which is different for everyone on what that can mean
Text Message
Alex
They can be unstable for me because as soon as someone really hurts me or "falls short" which is different for everyone on what that can mean
maybe reading into too much
probably
just like
is a lot of pressure?
Damn...
to be sent something that says that
you don't understand
clearly
what i mean
i'm not talking about BOD
No I do.
BPD
Text Message

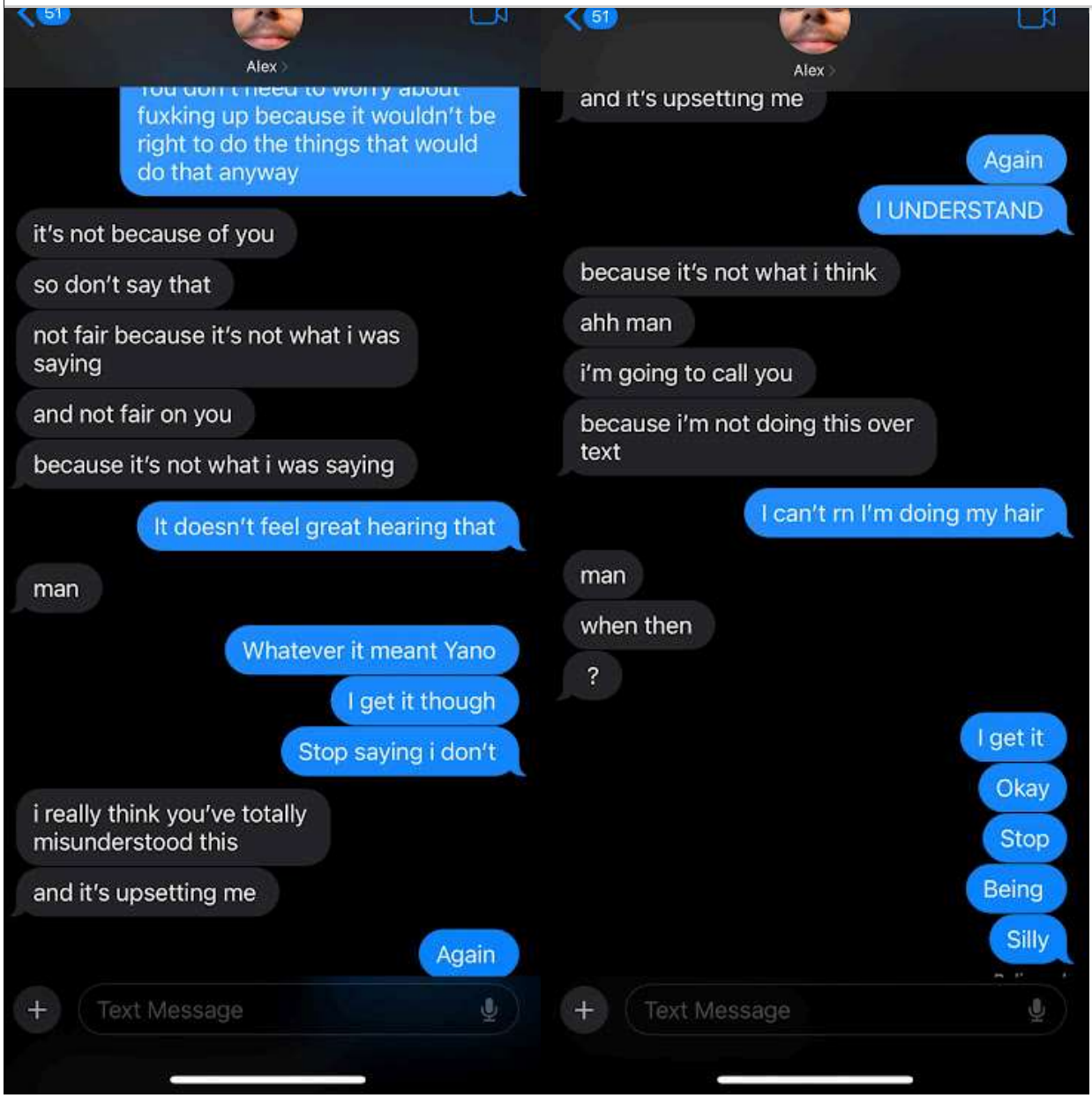
# Response - Read First



# Response - Read First


51
Alex
and i love you
You said it's a lot of pressure
regardless
NO
i didn't
AHHH
sending anyone a video
which says "if you fall short"
isn't ideal
is what i was trying to say
i don't want to think about
falling short
does that make sense?
i don't want to spend my spare time worrying about fucking up
makes me sad
was all i was trying to say
Text Message
51
Alex
time worrying about fucking up
makes me sad
was all i was trying to say
am doing my best
for you
does that make sense?
don't go afk now please
worrying me
???
Falling short means different things to different people
yeah
do you understand
why i didn't like it
You don't need to worry about fuxking up because it wouldn't be right to do the things that would do that anyway
it's not because of you
Text Message

# Response - Read First



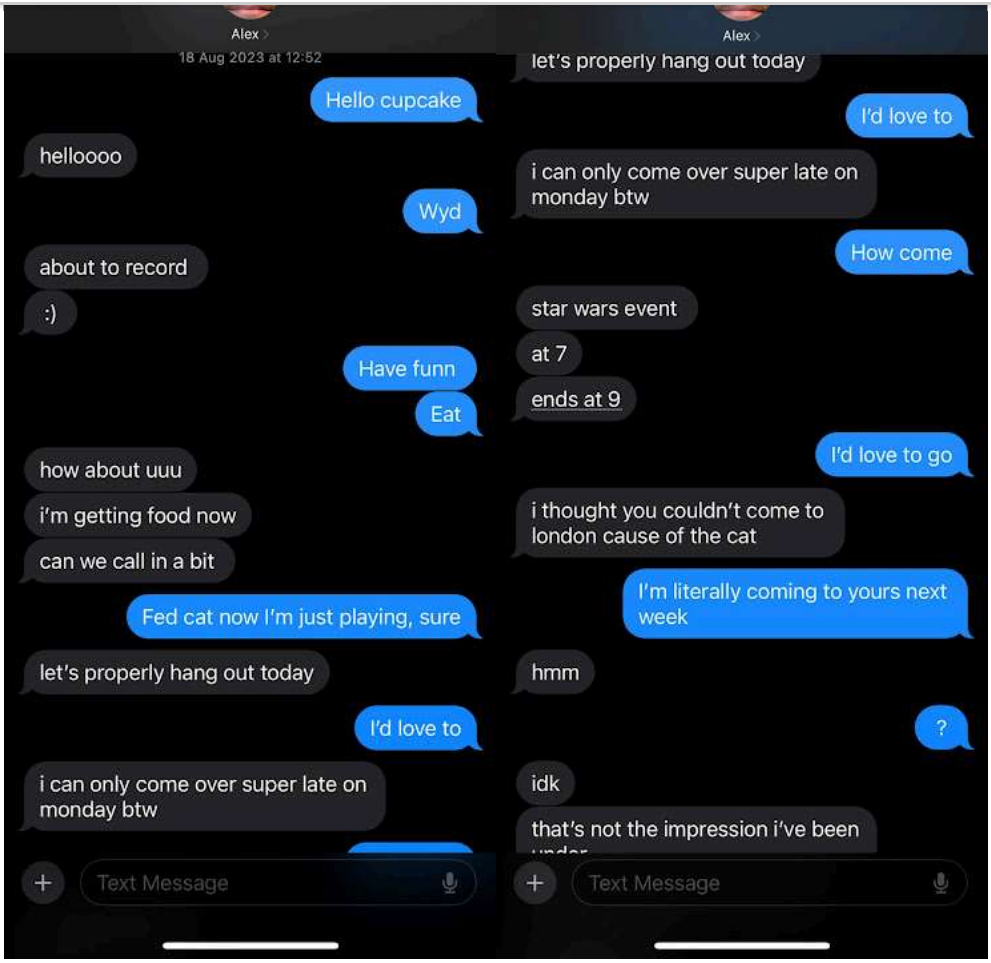

The fact he has painted me out to be hitting him and abusing him, to then say I blame it on mental health is disgusting. Alex again then shows no proof of this, and i wanna get it across that this lie is vile, and never been said.
He says i told him as a way of saying “this is why i have issues” no i told him as i thought i was overreacting to his verbal abuse by scream crying telling him to stop over discord.
Not once do I ever blame my mental issues on my reactions to him as he claims, if anything I would tell him it has nothing to do with how I react as he used it as something to shit on me with, calling me mentally ill.
I've never used this as an excuse for anything I've ever done as he's tried to paint out. For example, the one time I slapped Alex I did not do that because of being “mentally ill” I did this because he was

# Response - Read First

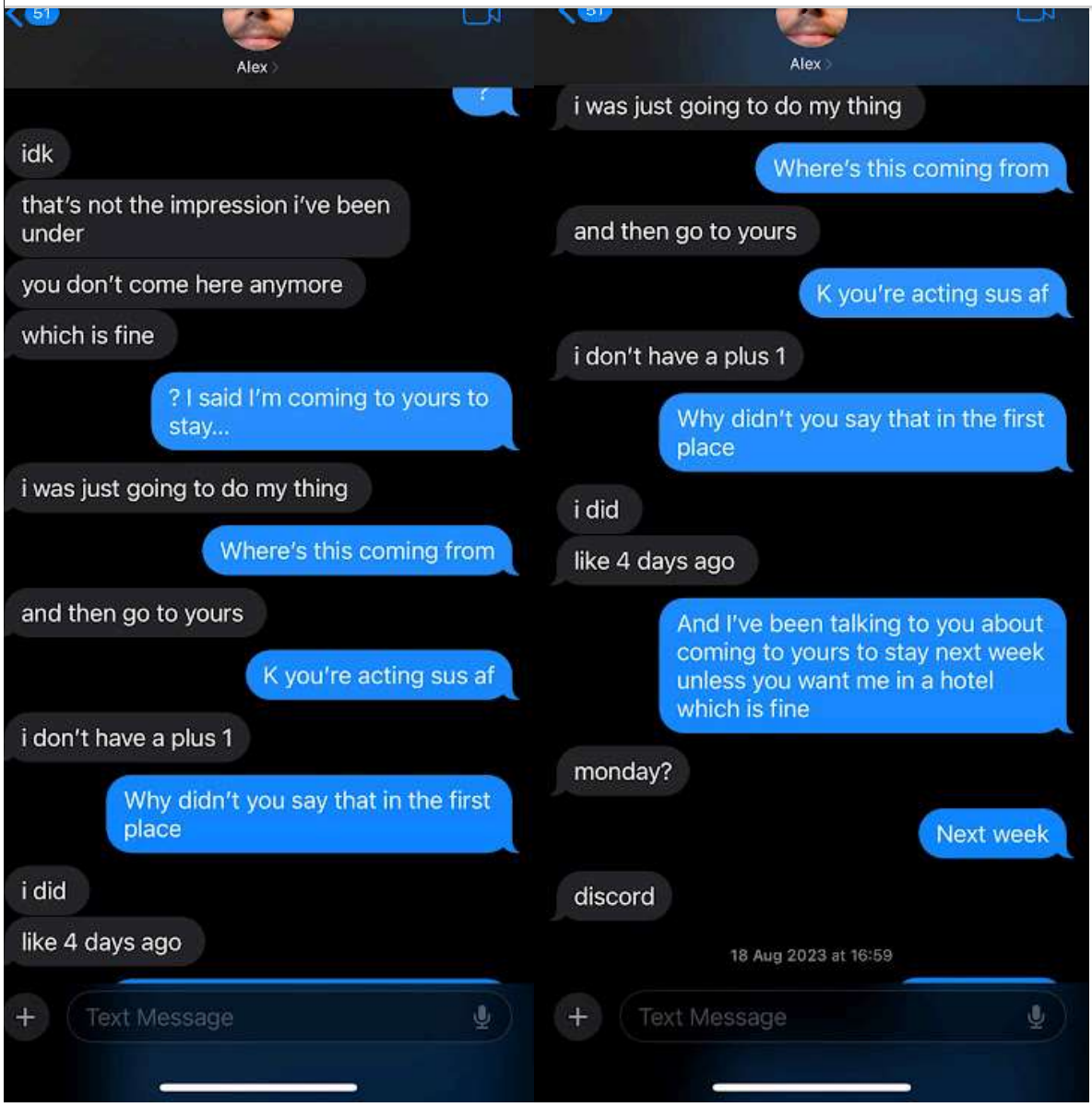
someone has bpd, does not excuse behaviours or actions and i have never used it as an excuse.

He moves onto my birthday and says I lied, I haven't. I had the impression we would be hanging out on my birthday, not to then be told he will be seeing me at midnight. Here are all the texts from that day, where he tells me he can now only come over Monday “super late”.

# Response - Read First



# Response - Read First


Alex
idk
that's not the impression i've been under
you don't come here anymore
which is fine
? I said I'm coming to yours to stay...
i was just going to do my thing
Where's this coming from
and then go to yours
K you're acting sus af
i don't have a plus 1
Why didn't you say that in the first place
i did
like 4 days ago
Text Message
Alex
i was just going to do my thing
Where's this coming from
and then go to yours
K you're acting sus af
i don't have a plus 1
Why didn't you say that in the first place
i did
like 4 days ago
And I've been talking to you about coming to yours to stay next week unless you want me in a hotel which is fine
monday?
Next week
discord
18 Aug 2023 at 16:59
Text Message

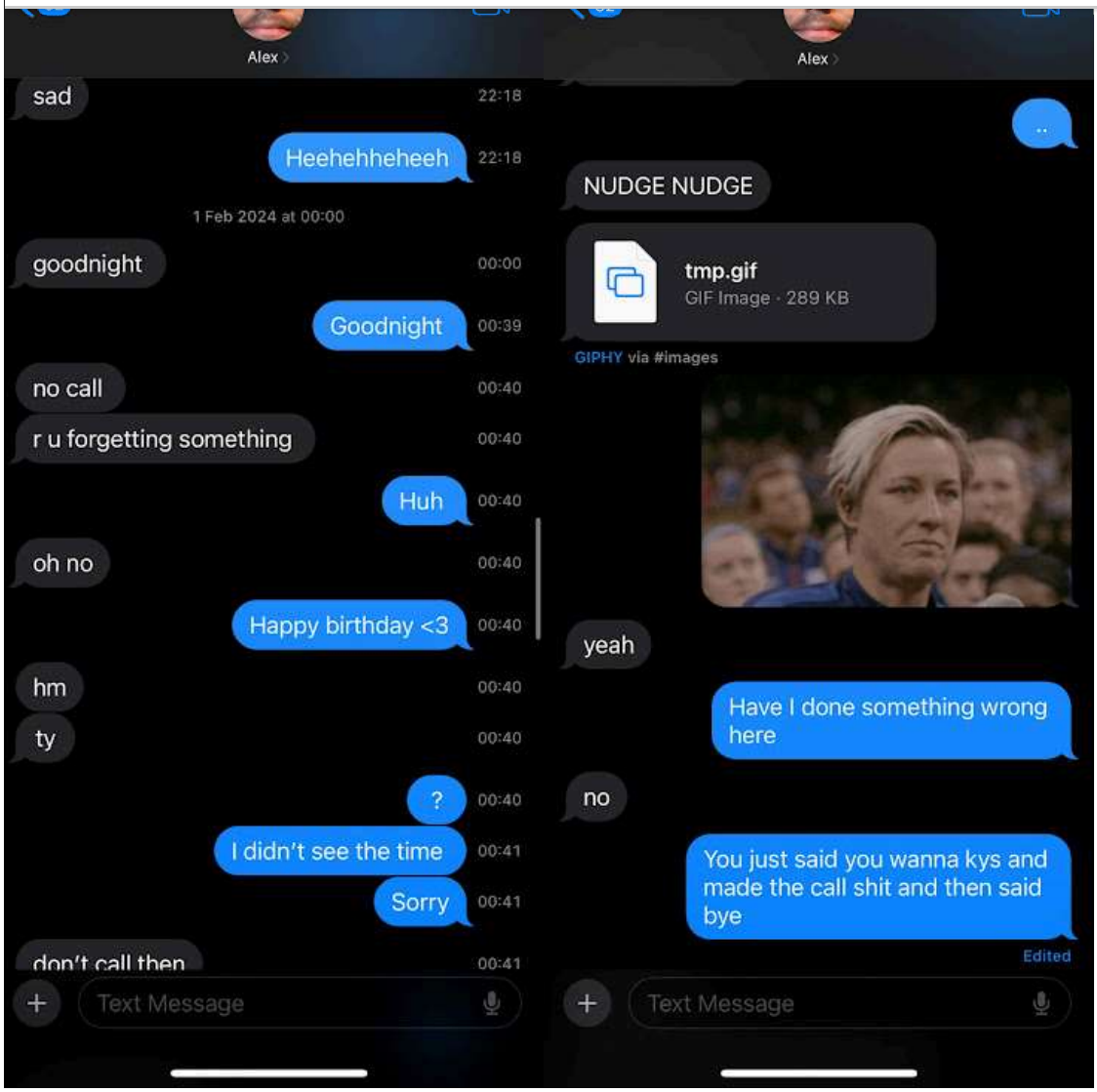
He spoke about going to the event before, but never mentioned it was on my birthday that's why I asked him “how come”. He claims he went for “work” to pay for everything, he did not get paid to go to a movie premiere with his friends.
Alex texting me on the day of my birthday does not take from the fact he showed up at midnight, and would have rather gone to see star wars than to see me, he did not get paid to go.
Premieres don't work like this, you get invited to go, and maybe bring a plus 1 which i asked to be, this is for networking and seeing a movie before release, many influencers get invited to go and they do not pay you to attend, alex chose to go to this one with his friends as he likes starwars, that is it.

# Response - Read First

He puts up this screenshot to prove he bought me things for my birthday, and not once do i deny him buying me anything on my birthday, although again alex has lied when its not necessary,
Showing the shoes he bought me as a “sorry” present to me after arguing sometime in september, and buying “steelseries” headphones (i have my own pair already and recommended these) for himself for home, that he ended up giving to me to use at his house as we made a small set up for when i came over to game with each other, yes he bought me birthday gifts he came over with the ahri figure and some bits he picked up on the day. I'm not sure why he felt a need to add other things on as if they were also birthday gifts when they aren't.

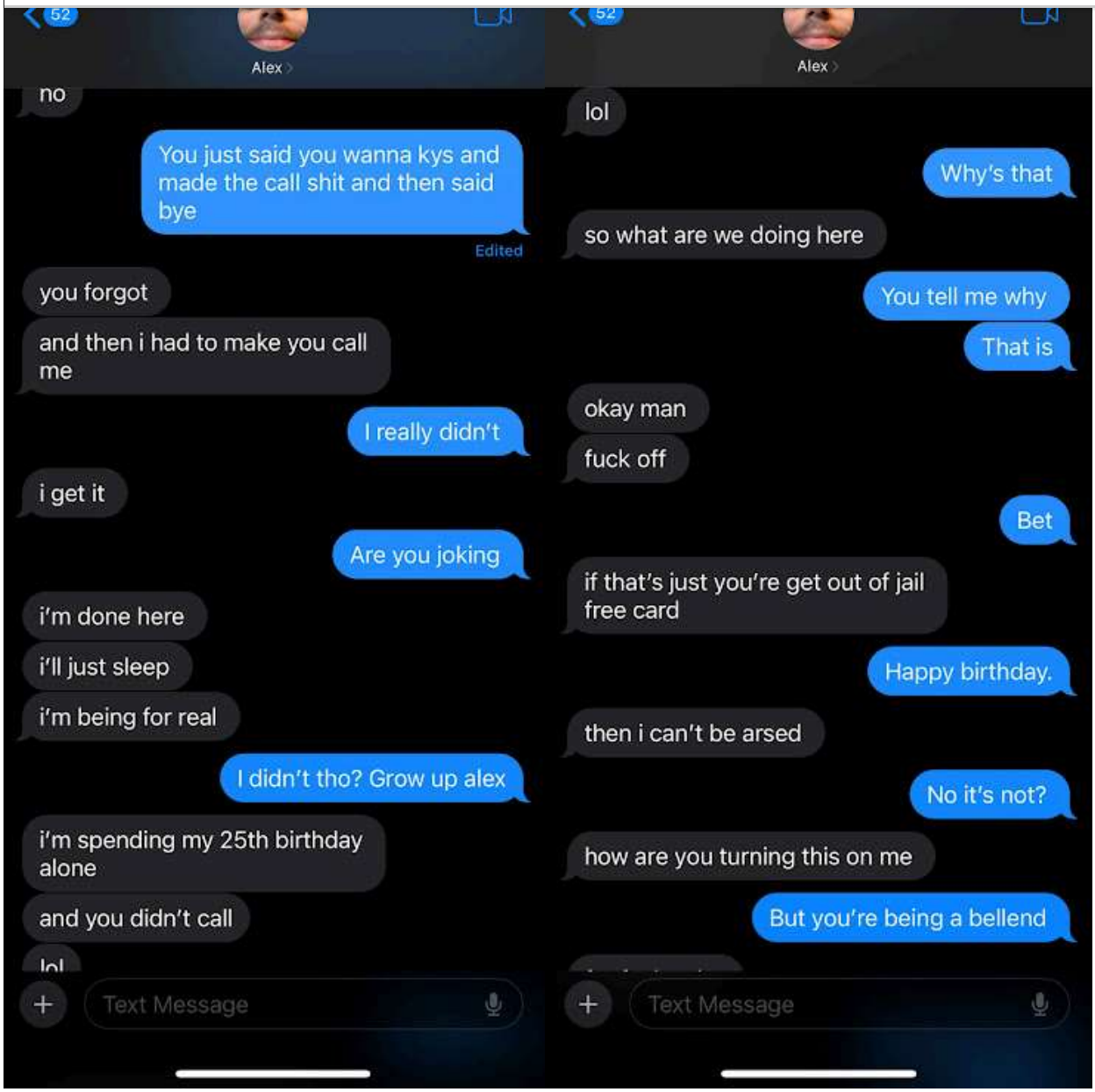
He then says he believes it was written as he claims i “forgot” his birthday, i'm not sure why he felt as if he was my #1 priority as again, we were broken up, i had left him after everything and i was not going to be calling him at midnight to wish him happy birthday and that is why he got annoyed at me.
But here are the text messages.

# Response - Read First

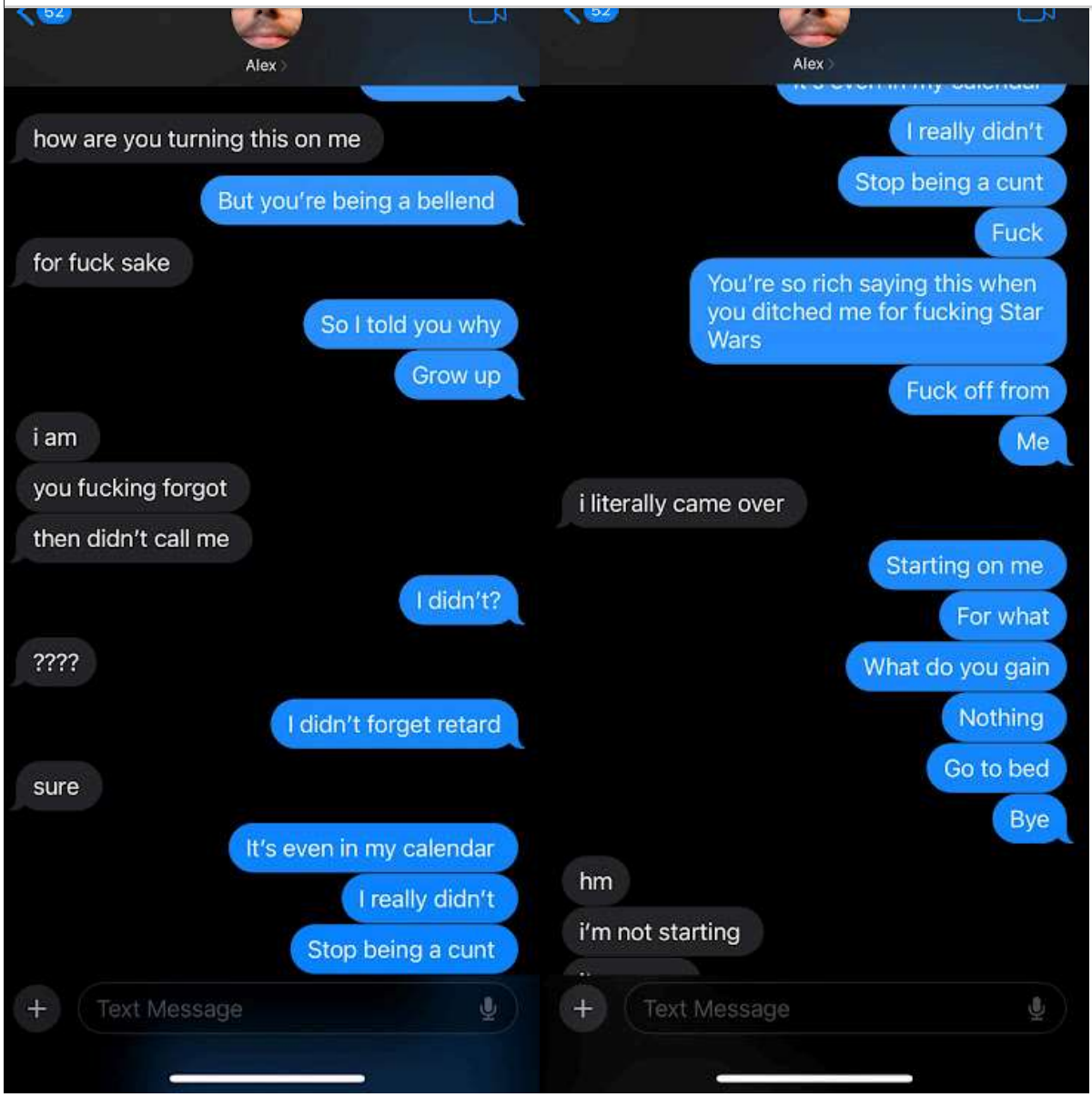



After he hinted for me to call, I called him to wish him happy birthday. That warranted him to be annoyed at me for not texting him or calling him at midnight.

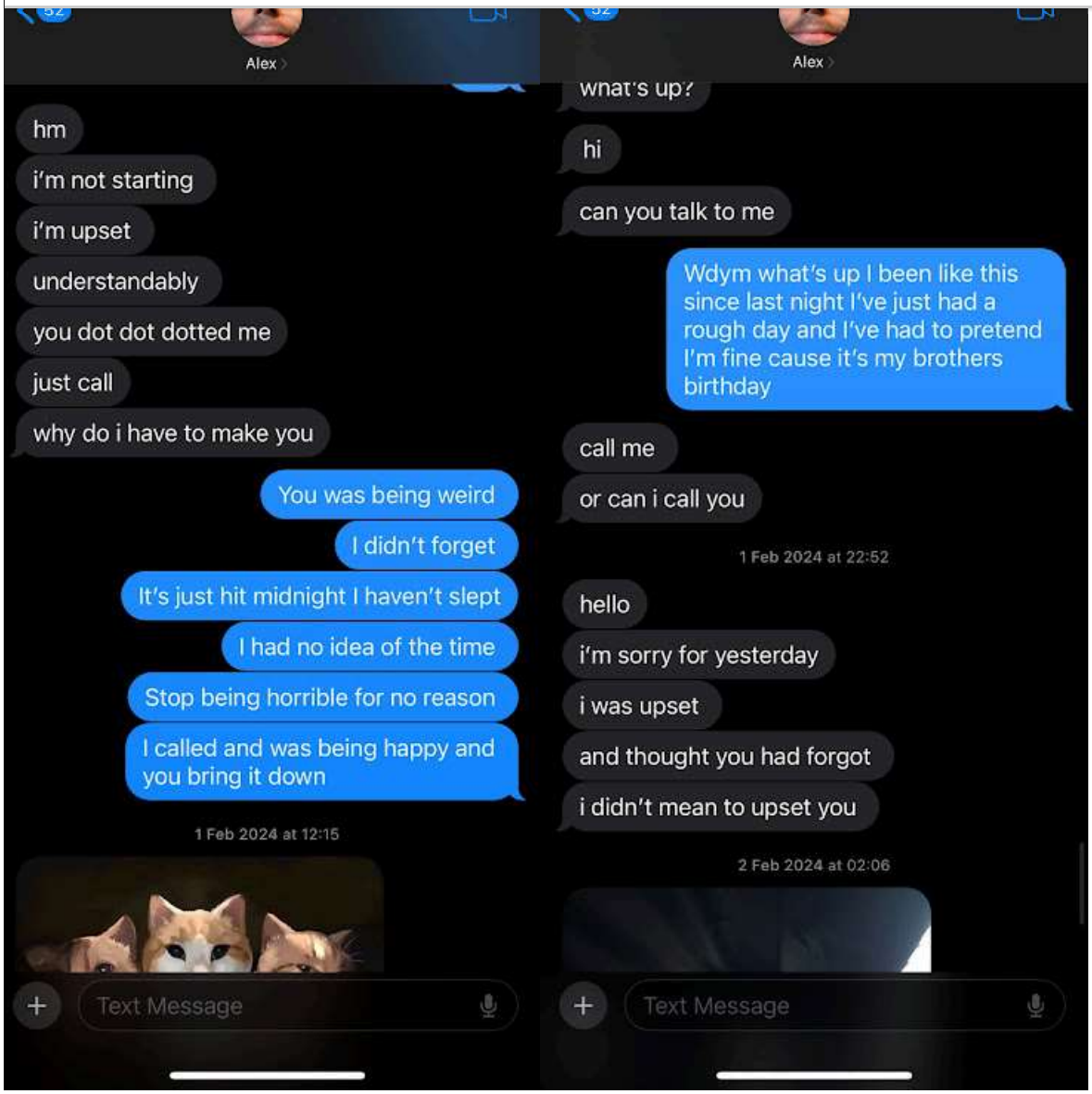
# Response - Read First



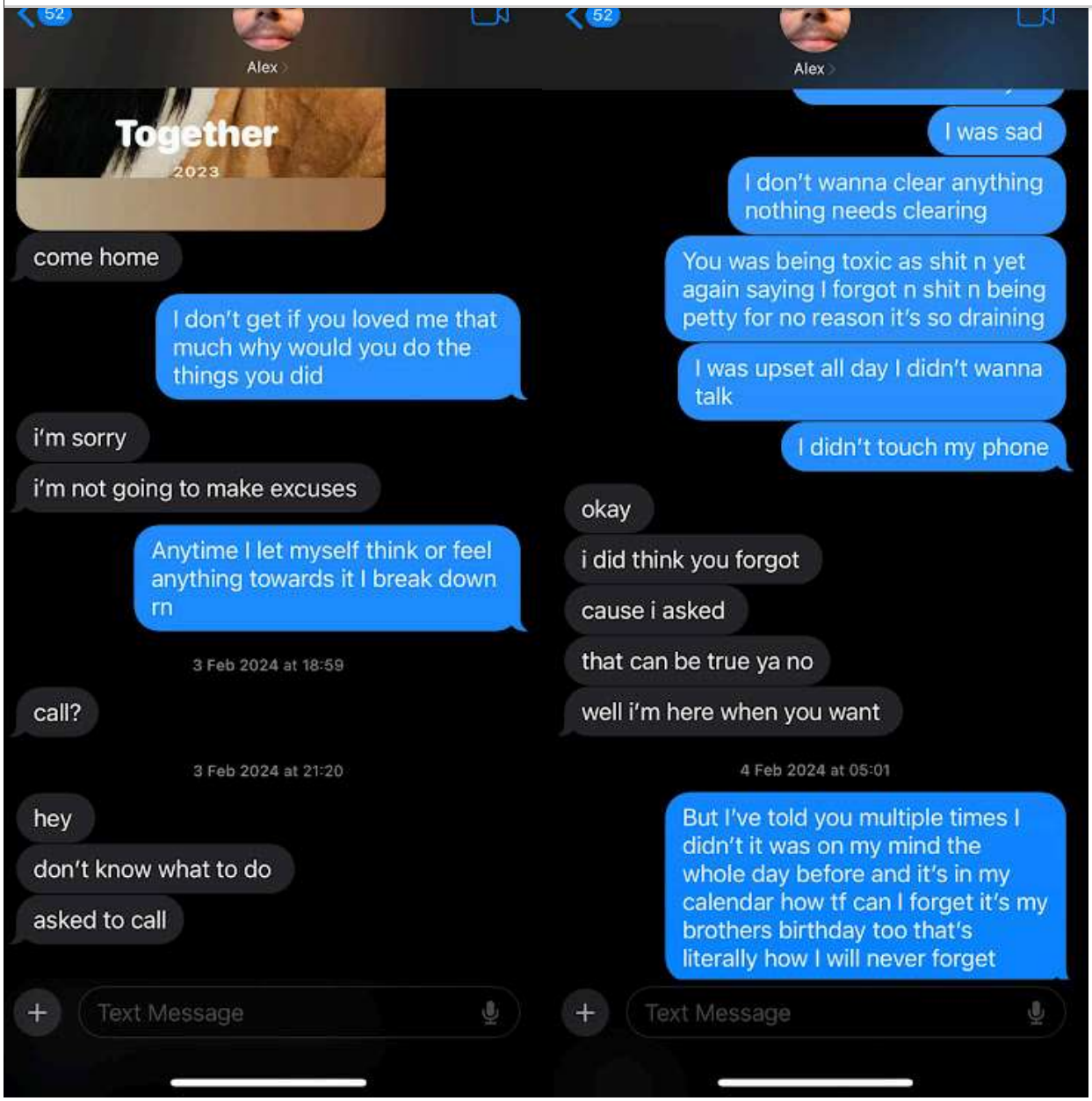
# Response - Read First



# Response - Read First


Alex
hm
i'm not starting
i'm upset
understandably
you dot dot dotted me
just call
why do i have to make you
You was being weird
I didn't forget
It's just hit midnight I haven't slept
I had no idea of the time
Stop being horrible for no reason
I called and was being happy and you bring it down
1 Feb 2024 at 12:15
Text Message
Alex
what's up?
hi
can you talk to me
Wdym what's up I been like this since last night I've just had a rough day and I've had to pretend I'm fine cause it's my brothers birthday
call me
or can i call you
1 Feb 2024 at 22:52
hello
i'm sorry for yesterday
i was upset
and thought you had forgot
i didn't mean to upset you
2 Feb 2024 at 02:06
Text Message

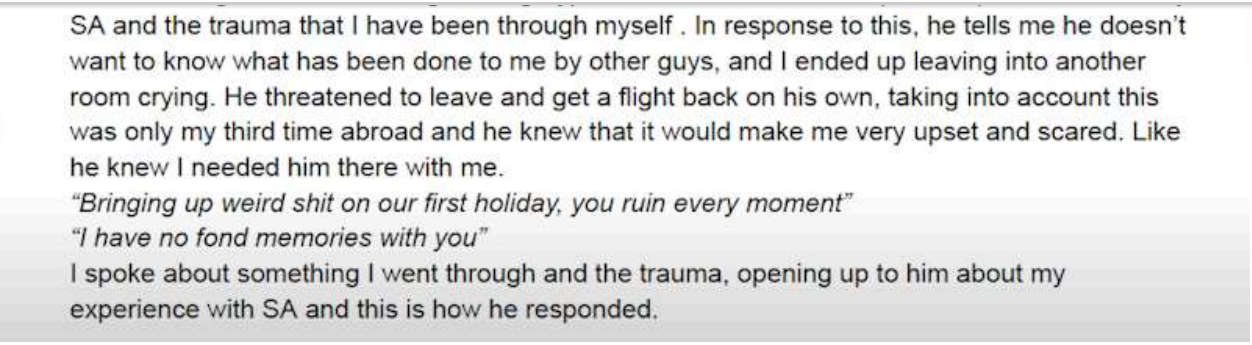
# Response - Read First


52
Alex
Together
2023
come home
I don't get if you loved me that much why would you do the things you did
i'm sorry
i'm not going to make excuses
Anytime I let myself think or feel anything towards it I break down rn
3 Feb 2024 at 18:59
call?
3 Feb 2024 at 21:20
hey
don't know what to do
asked to call
Text Message
52
Alex
I was sad
I don't wanna clear anything nothing needs clearing
You was being toxic as shit n yet again saying I forgot n shit n being petty for no reason it's so draining
I was upset all day I didn't wanna talk
I didn't touch my phone
okay
i did think you forgot
cause i asked
that can be true ya no
well i'm here when you want
4 Feb 2024 at 05:01
But I've told you multiple times I didn't it was on my mind the whole day before and it's in my calendar how tf can I forget it's my brothers birthday too that's literally how I will never forget
Text Message

# Response - Read First

The last two are screenshots of him just keeping on the “you forgot” when i've expressed so much i hadn’t and on the day i was busy as it is also my brothers birthday.
To add to this context, this was AFTER leaving Alex, where we stood on very thin ice. I'm giving him chances to “change” as he wants me back and tries to fix things.

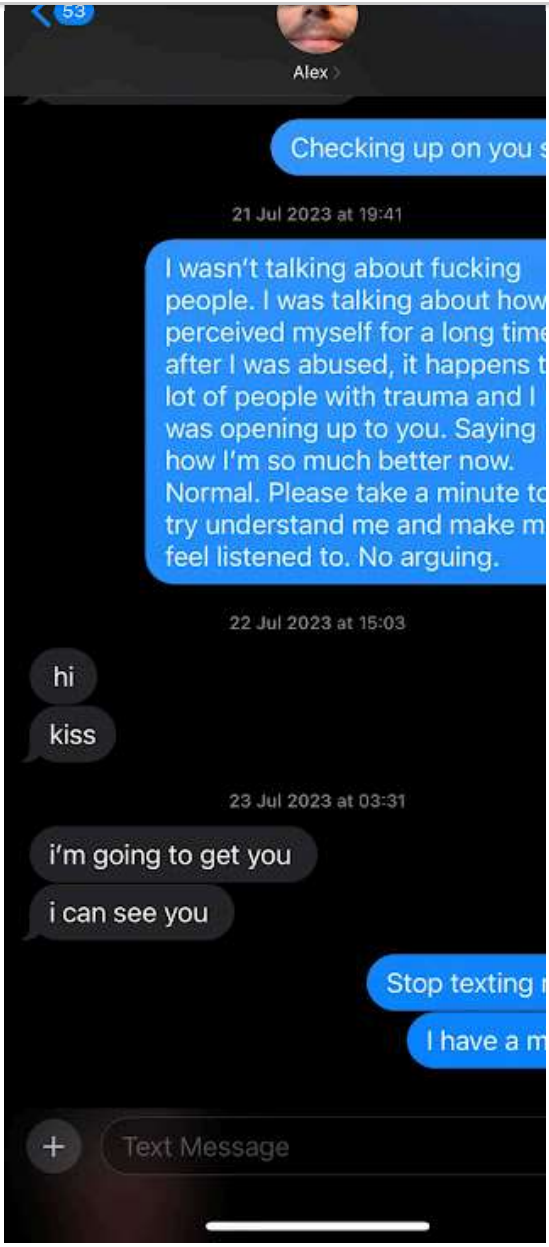
# Response - Read First


SA and the trauma that I have been through myself . In response to this, he tells me he doesn't want to know what has been done to me by other guys, and I ended up leaving into another room crying. He threatened to leave and get a flight back on his own, taking into account this was only my third time abroad and he knew that it would make me very upset and scared. Like he knew I needed him there with me.
*"Bringing up weird shit on our first holiday, you ruin every moment"*
*"I have no fond memories with you"*
I spoke about something I went through and the trauma, opening up to him about my experience with SA and this is how he responded.

In his video he claims i came up behind him and told him "i've slept with many people due to hyper sexuality" this is a lie. He then says the video he was watching had nothing to do with the subject, again lying.

How this went, is Alex was sitting at the table, and I was standing by the sink washing up after dinner, this sets me a little in front of Alex to his right side, not behind him. He was on his laptop scrolling tiktoks for his youtube video and came across one where a girl was talking about being hypersexual after abuse, i then while still standing at the sink facing away from alex mention to him that i have been through SA and experienced this trauma response, in no way did i say "i've slept with many people" but that is clearly how alex heard it as he reacted horribly and is now carrying on with that narrative in his video. Not that it is anyone's business and I'm not about to make this document me talking about my sexual assaults, I have not slept with alot of people, and have only experienced being "hyper" in one relationship of mine after I was assaulted.
After I texted him he came in and apologised to me. Anything he says after, saying I pushed him and made him sleep in another room is a lie. Here is the text.

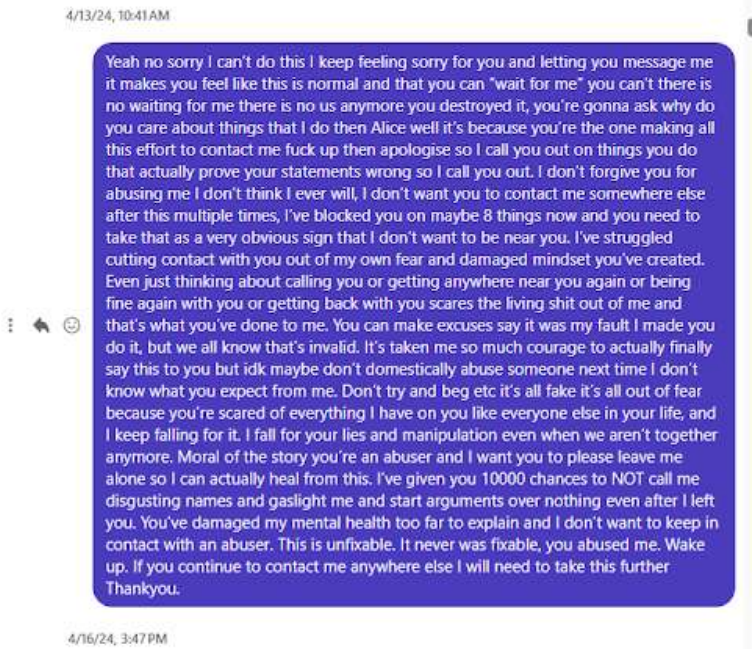
# Response - Read First


53
Alex
Checking up on you
21 Jul 2023 at 19:41
I wasn't talking about fucking people. I was talking about how perceived myself for a long time after I was abused, it happens t lot of people with trauma and I was opening up to you. Saying how I'm so much better now. Normal. Please take a minute to try understand me and make m feel listened to. No arguing.
22 Jul 2023 at 15:03
hi
kiss
23 Jul 2023 at 03:31
i'm going to get you
i can see you
Stop texting
I have a m
Text Message

Alex goes onto say, i only mentioned and lied about this story because of the conversation he has with me about his own sexual assault, now this subject is sensitive and has alot more to it then alex perceives. And him bringing this up with me, is not why I mentioned this in my first statement.
I wanna start by mentioning that alex does not tell me about this throughout the relationship, there was a moment where we were both out, with friends at a comic con in may and alex had noticed i was in a group chat planning days to go out with new friends i had made, he is in the scene and an influencer also so he was in this group chat. Alex asks who is in this chat, and I mention all of the names and he gets very angry at me for being in this chat and asks me to leave it. I leave the group chat and ask Alex why and he rants to me there that he hates this person and that he assaulted him.

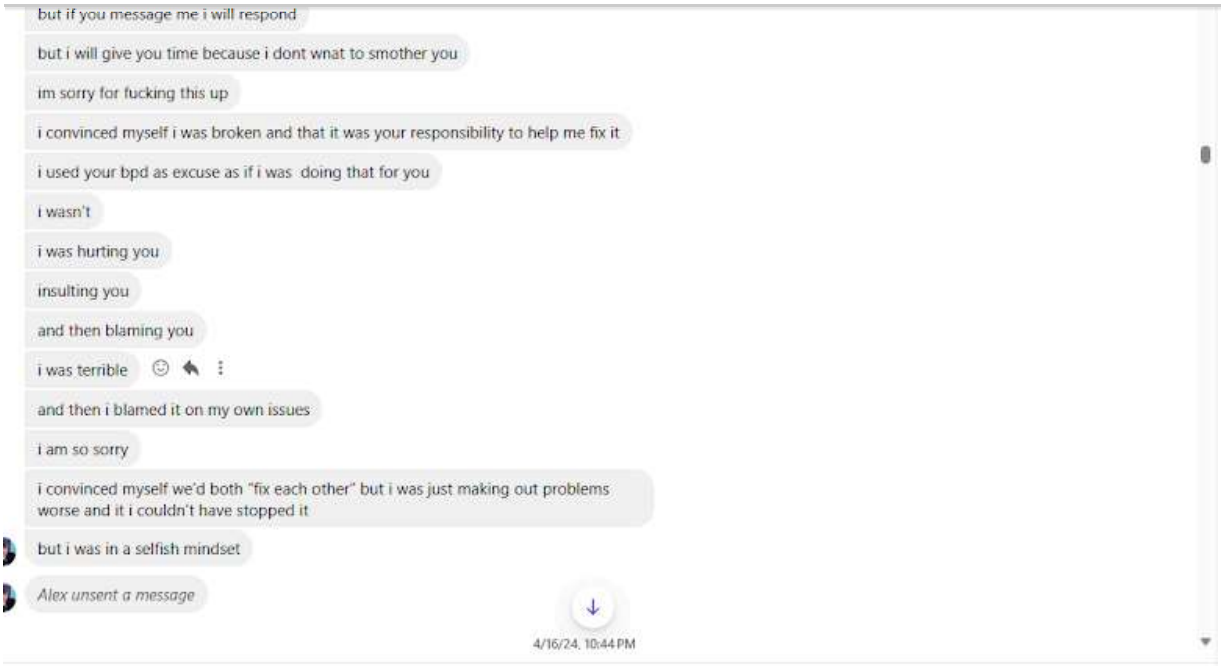
# Response - Read First

out to me, **i did not purposely go follow and reach out to them.**
He first heard about me from the scene, where people were already talking about mine and Alex's relationship as there were people who had witnessed his behaviour towards me who spoke about us at parties etc. that is what im told, So he had also heard everything and reached out to me, i mentioned in our first interactions about the allegations made against him by alex, he told me that he had known about these allegations from others telling him before and he denied it ever happening, he tells me his relationship with alex and how alex had fucked him over and his friends, this is in no way my business so i left it there and did not get inbetween the two of them.
In no way did I try to reach out to "hurt" Alex like he is painting in this video, and it's a lot more complicated than that.
So I had heard from Alex's ex, that he was going around a party that there was a "transcript" of things Alex had said to me. I brought this up in our first interactions and he tells me he knows the guy with this information and can get me in contact with him. This is why I am in contact with this man, and as it so happens, he gets me in contact with him after a few weeks and that is where I then receive the "transcript" this is in the document further up i already linked it in here. That is also why I lied to Alex and didn't tell him anything.
I want to add, I was very dismissive and not fair to Alex when he was talking to me about this on messenger, but this was at the very end of us being in contact and I had asked him to leave me alone multiple times. I do regret the way I came across to Alex when he was talking to me about this, but having been shown what Alex had screamed at me in calls refreshed my mind on why I'm asking him to leave me alone and I did not show any sympathy for Alex at that time.
He's left out some context that I will now add, but I will be blurring names and won't be sharing more than what Alex had shown in his video of his own story out of respect, but I can show more context on this conversation.
Just before alex brought this all up to me, he was spamming me for days, after i left a goodbye message and asked him to stop contacting me


4/13/24, 10:41 AM
Yeah no sorry I can't do this I keep feeling sorry for you and letting you message me it makes you feel like this is normal and that you can "wait for me" you can't there is no waiting for me there is no us anymore you destroyed it, you're gonna ask why do you care about things that I do then Alice well it's because you're the one making all this effort to contact me fuck up then apologise so I call you out on things you do that actually prove your statements wrong so I call you out. I don't forgive you for abusing me I don't think I ever will, I don't want you to contact me somewhere else after this multiple times, I've blocked you on maybe 8 things now and you need to take that as a very obvious sign that I don't want to be near you. I've struggled cutting contact with you out of my own fear and damaged mindset you've created. Even just thinking about calling you or getting anywhere near you again or being fine again with you or getting back with you scares the living shit out of me and that's what you've done to me. You can make excuses say it was my fault I made you do it, but we all know that's invalid. It's taken me so much courage to actually finally say this to you but idk maybe don't domestically abuse someone next time I don't know what you expect from me. Don't try and beg etc it's all fake it's all out of fear because you're scared of everything I have on you like everyone else in your life, and I keep falling for it. I fall for your lies and manipulation even when we aren't together anymore. Moral of the story you're an abuser and I want you to please leave me alone so I can actually heal from this. I've given you 10000 chances to NOT call me disgusting names and gaslight me and start arguments over nothing even after I left you. You've damaged my mental health too far to explain and I don't want to keep in contact with an abuser. This is unfixable. It never was fixable, you abused me. Wake up. If you continue to contact me anywhere else I will need to take this further Thankyou.
4/16/24, 3:47 PM

I've linked the conversation after this in this document already, where I keep telling him no, and it cannot be fixed and to leave me alone.
That is when he spams me, after I ignore his spam he then moves onto honestly what i saw as a manipulation tactic to get me to reply. Which I now see was wrong of me to think, as he was just upset seeing that this person had reached out to me but in no way had i gone to follow them as a way to hurt alex. Im adding some screenshots for timeline context.

# Response - Read First


but if you message me i will respond
but i will give you time because i dont wnat to smother you
im sorry for fucking this up
i convinced myself i was broken and that it was your responsibility to help me fix it
i used your bpd as excuse as if i was doing that for you
i wasn't
i was hurting you
insulting you
and then blaming you
i was terrible
and then i blamed it on my own issues
i am so sorry
i convinced myself we'd both "fix each other" but i was just making out problems worse and it i couldn't have stopped it
but i was in a selfish mindset
Alex unsent a message
4/16/24, 10:44 PM

# Response - Read First

i just thought i was de escalating stuff but i can see now i wanted it to be less of a problem so we didn't have to talk about it

i thought the less problems there were the easier it would be to fix

and that's why i've been arguing so much to let stuff go

but it was wrong and only benefitted me

i never meant to make you feel like i didn't believe you

i would be confused when you'd say i was gaslighting you because in my head it was something i had downplayed

and see now that must have been terrible for you because you thought i wasn't trying to fix things or understand you

i was just thing to downplay how you felt

Alex replied to themself

i was just thing to downplay how you felt

i was just trying to downplay how you felt

apologised for more messages

i got too emotional and i shouting have stopped apologising

honestly

4/16/24, 11:44 PM

i've been trying to learn about why i had these issues and i've found stuff that really explained it to me and after looking at it it's given my a whole new look on why i was being how i was and how to avoid it

i know you cared a lot and i'm sorry for dismissing it

I was tagged in a post on instagram and youll see it's me and my friends, they were some of the boys girlfriends all of them were in couples

i don't want it to surprise you or make you think i was with any of them

i know i was shitty to you about when you were going to meet up with your friends and i'm sorry about that

i should have let you enjoy it more

and also they left on the first train in the morning and it was just me and some of the boys left

4/17/24, 12:35 AM

also i want to say sorry for crying earlier, im trying to keep it to a minimum so i can say sorry properly but i also get conflicted on how to show you i care deeply about it

i was hurting you

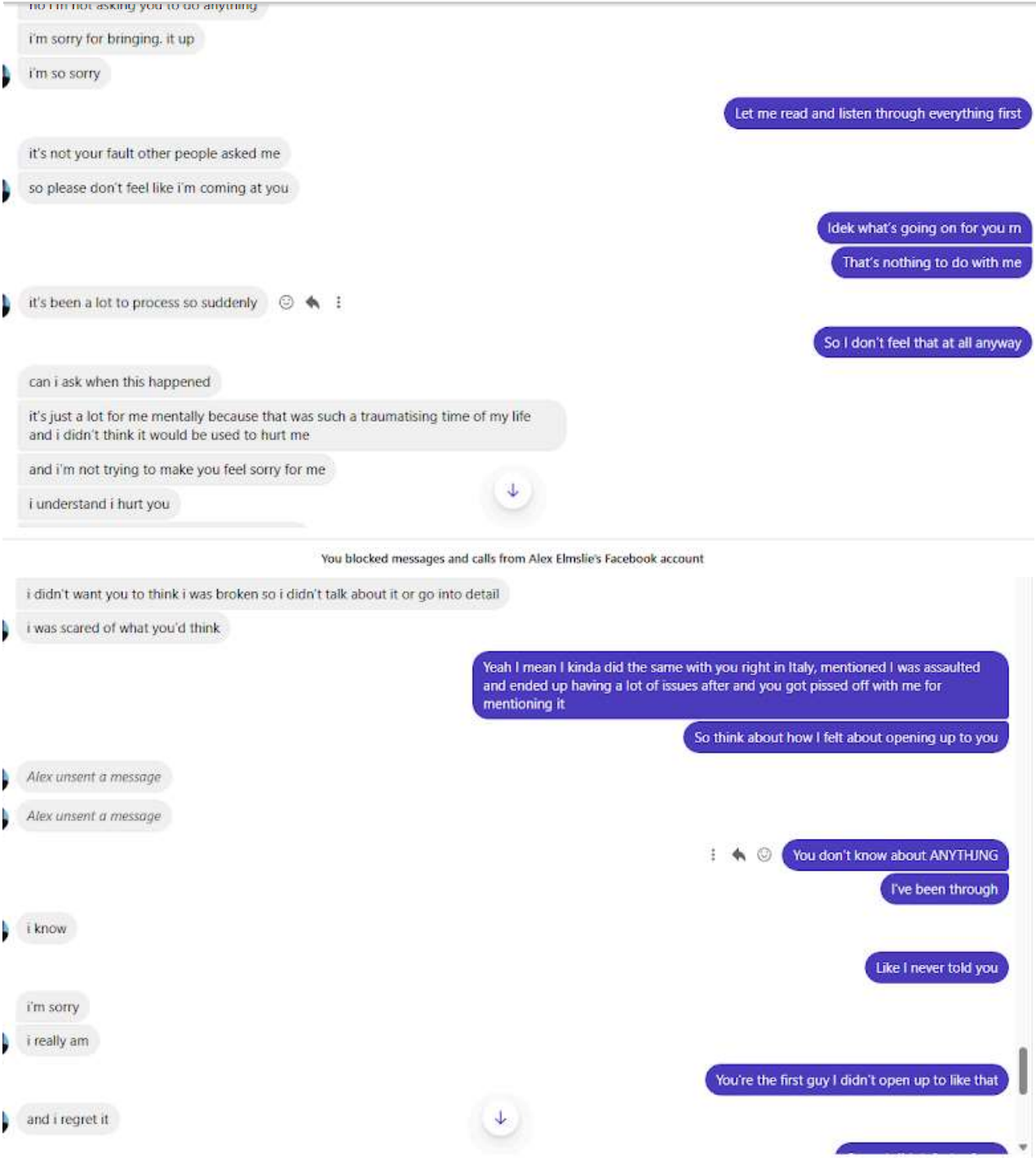
and i'm so sorry

idk when i'm sleeping but i'll try leave it at that

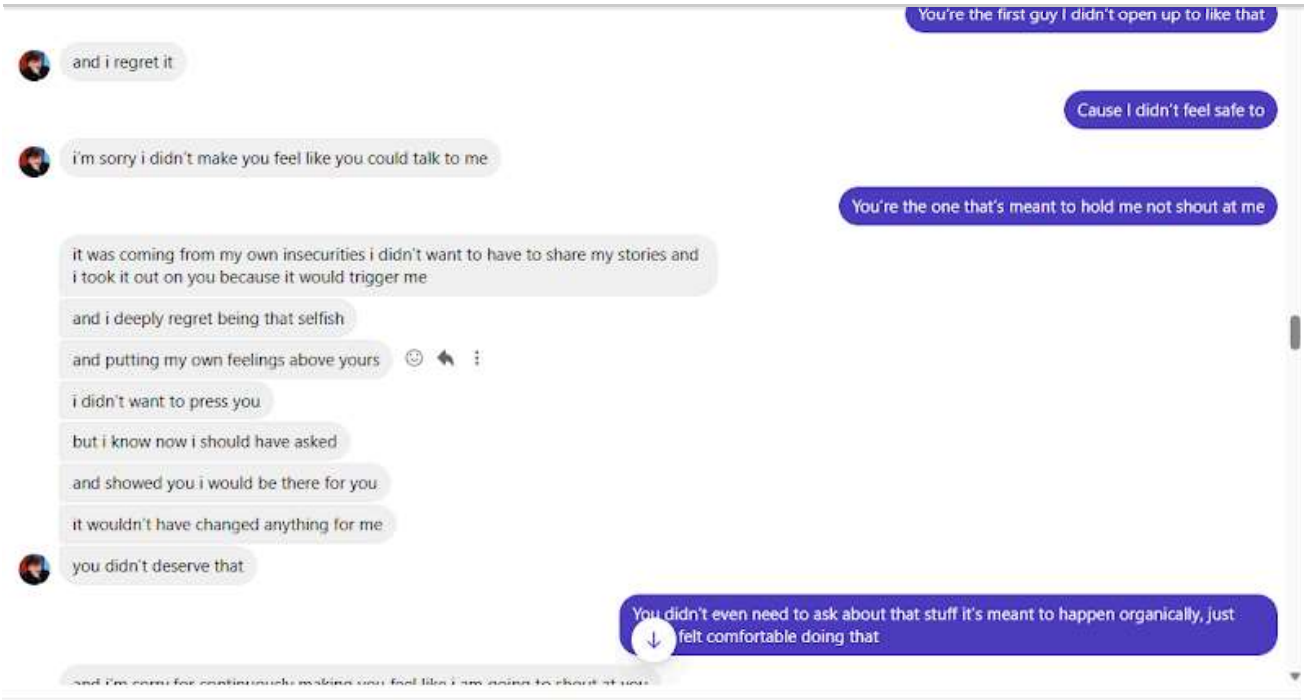
i don't want to just keep on cause i don't want it to lessen it

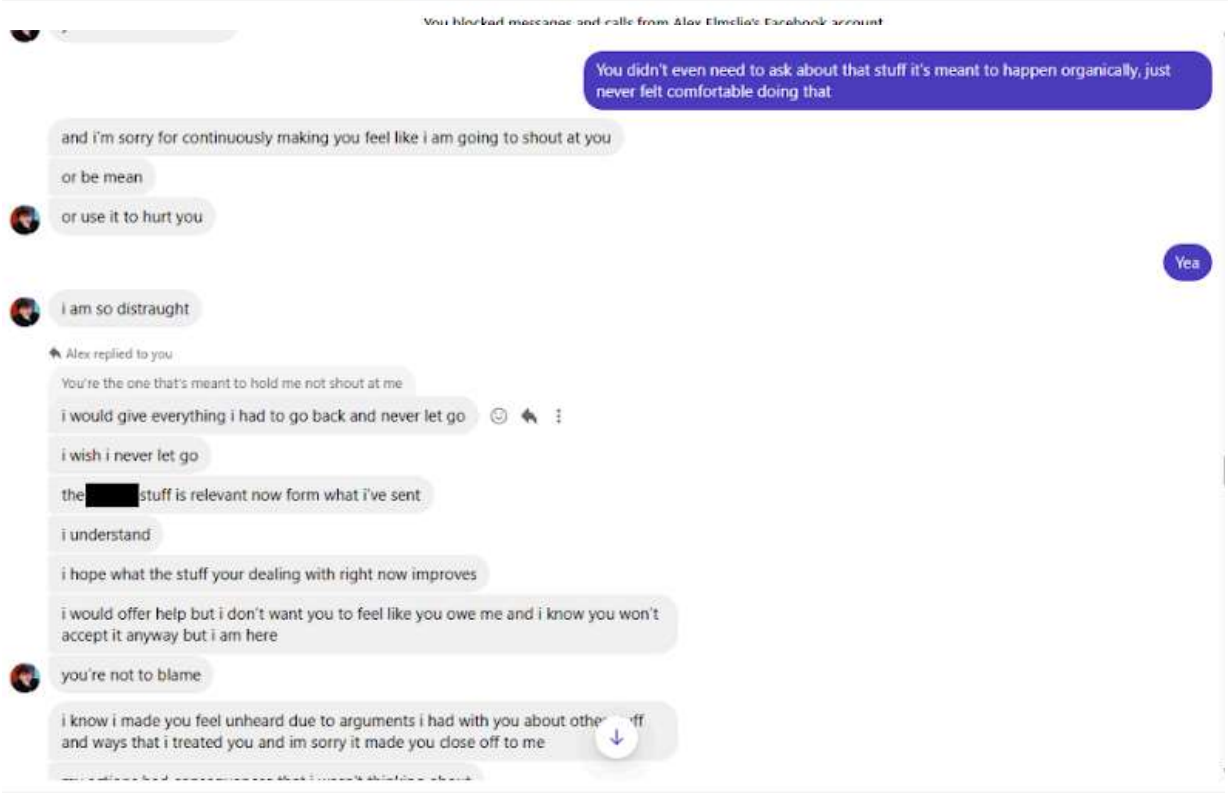
You blocked messages and calls from Alex Elmslie's Facebook account

# Response - Read First


no I'm not asking you to do anything
i'm sorry for bringing. it up
i'm so sorry
Let me read and listen through everything first
it's not your fault other people asked me
so please don't feel like i'm coming at you
Idek what's going on for you rn
That's nothing to do with me
it's been a lot to process so suddenly
So I don't feel that at all anyway
can i ask when this happened
it's just a lot for me mentally because that was such a traumatising time of my life and i didn't think it would be used to hurt me
and i'm not trying to make you feel sorry for me
i understand i hurt you
You blocked messages and calls from Alex Elmslie's Facebook account
i didn't want you to think i was broken so i didn't talk about it or go into detail
i was scared of what you'd think
Yeah I mean I kinda did the same with you right in Italy, mentioned I was assaulted and ended up having a lot of issues after and you got pissed off with me for mentioning it
So think about how I felt about opening up to you
Alex unsent a message
Alex unsent a message
You don't know about ANYTHJNG
I've been through
i know
Like I never told you
i'm sorry
i really am
You're the first guy I didn't open up to like that
and i regret it

# Response - Read First


You're the first guy I didn't open up to like that
and i regret it
Cause I didn't feel safe to
i'm sorry i didn't make you feel like you could talk to me
You're the one that's meant to hold me not shout at me
it was coming from my own insecurities i didn't want to have to share my stories and i took it out on you because it would trigger me
and i deeply regret being that selfish
and putting my own feelings above yours
i didn't want to press you
but i know now i should have asked
and showed you i would be there for you
it wouldn't have changed anything for me
you didn't deserve that
You didn't even need to ask about that stuff it's meant to happen organically, just felt comfortable doing that


You blocked messages and calls from Alex Elmslie's Facebook account
You didn't even need to ask about that stuff it's meant to happen organically, just never felt comfortable doing that
and i'm sorry for continuously making you feel like i am going to shout at you
or be mean
or use it to hurt you
Yea
i am so distraught
Alex replied to you
You're the one that's meant to hold me not shout at me
i would give everything i had to go back and never let go
i wish i never let go
the [redacted] stuff is relevant now form what i've sent
i understand
i hope what the stuff your dealing with right now improves
i would offer help but i don't want you to feel like you owe me and i know you won't accept it anyway but i am here
you're not to blame
i know i made you feel unheard due to arguments i had with you about othe ff and ways that i treated you and im sorry it made you close off to me

# Response - Read First

my actions had consequences that i wasn't thinking about

i always thought there would be a later

i pushed you away when it wasn't convenient for me

i was so self centred it pains me

because i thought i was doing it because i knew i wasn't ready

but then i was a dick

and that defeats the whole point of opening up

it hurts me how stupid i have been

Yea I mean you told me my feelings were wank

i was wrong

i would do anything to hear about your day

how you're feeling

i'm sorry again

makes me sick that i turned away all of that time

because i would do anything to have those conversations now

i'll never be short with you again or get angry at you for telling me how you

makes me sick that i turned away all of that time

because i would do anything to have those conversations now

i'll never be short with you again or get angry at you for telling me how you feel

i will probably fall asleep soon so i'll just leave it on this, i'm sorry for pushing you too far and not understanding how everyone i pushed you i made you do stuff that wasn't how you would act

it not you to blame for how any of this has gone down

i'm sorry for getting upset earlier it was just a lot to take in, your the one person who i never imagine hurting me like that so i can only begin to imagine how this has been for you

i don't blame you

i'm not angry at you

and i'm not upset at you

i appreciate you talking to me about it and i hope you understand why i feel how i feel

i'm sorry for not apologising sooner and listening to you properly without judgement or arguing

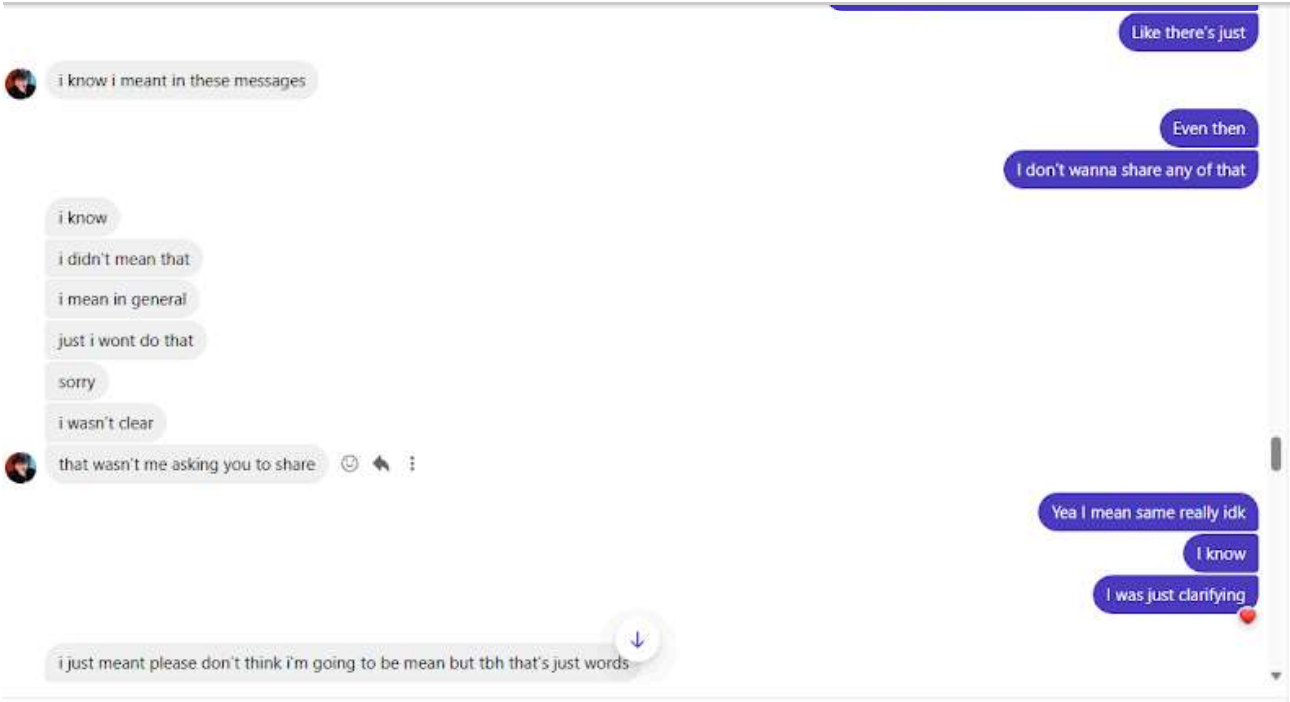
let me know when you get round to everything in your own time , please prioritise your own well being

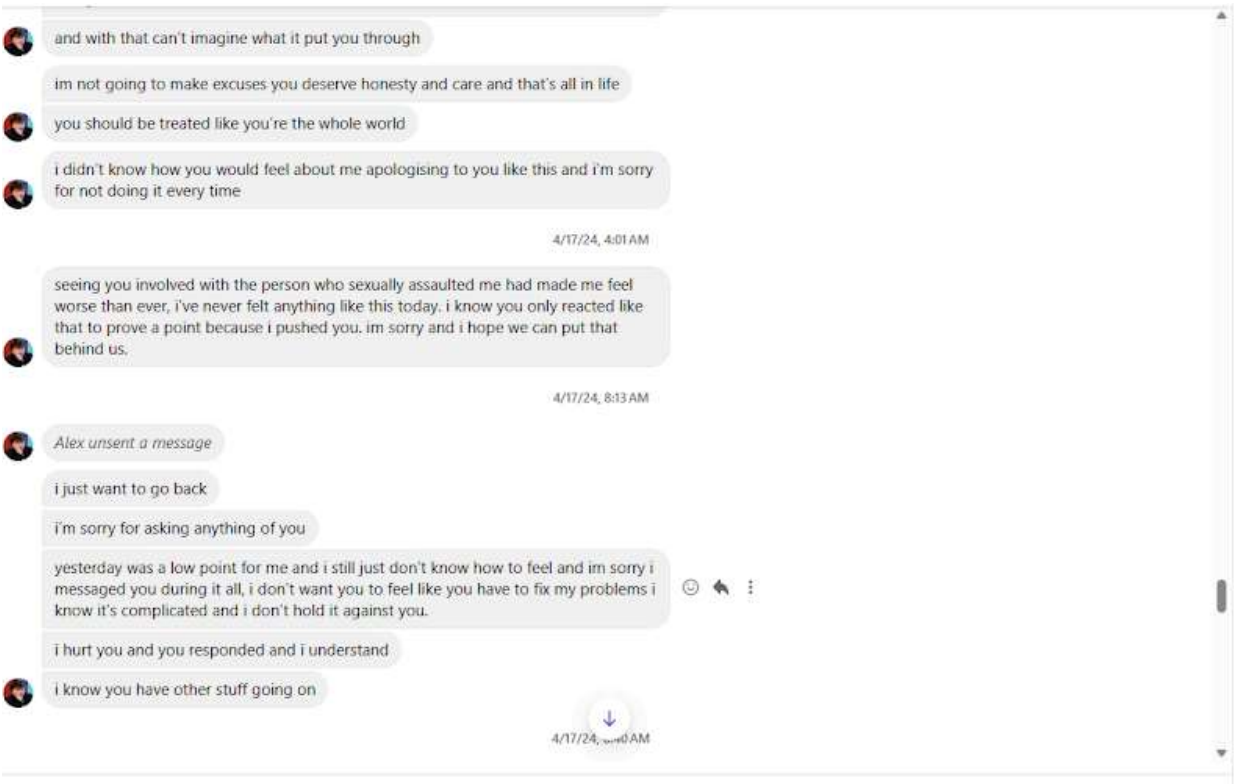
i'm just here to say sorry

i'm sorry i pushed you so hard i am responsible for that i don't want you to feel like i am upset with you, i never will be again.

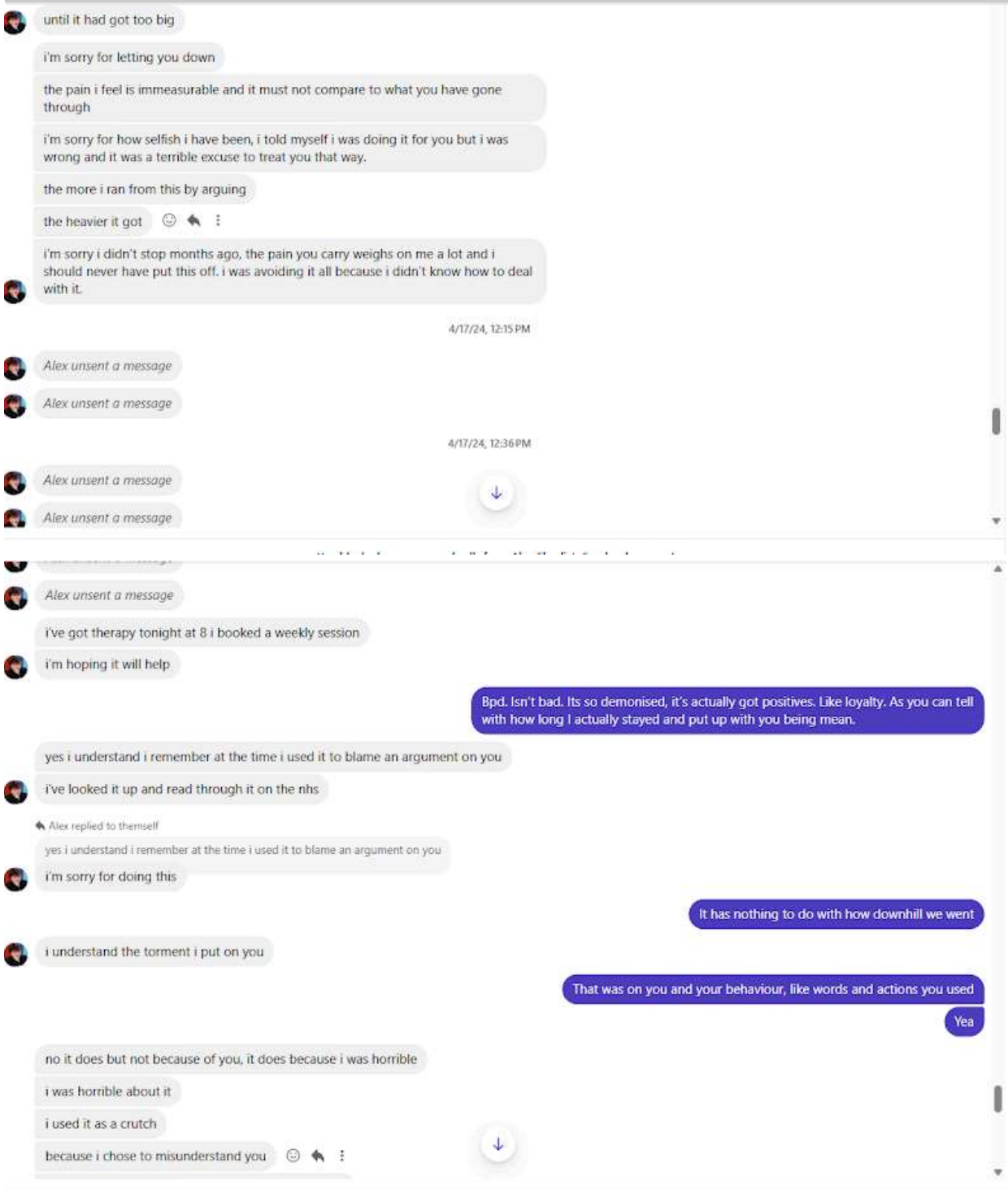
sleep well

# Response - Read First

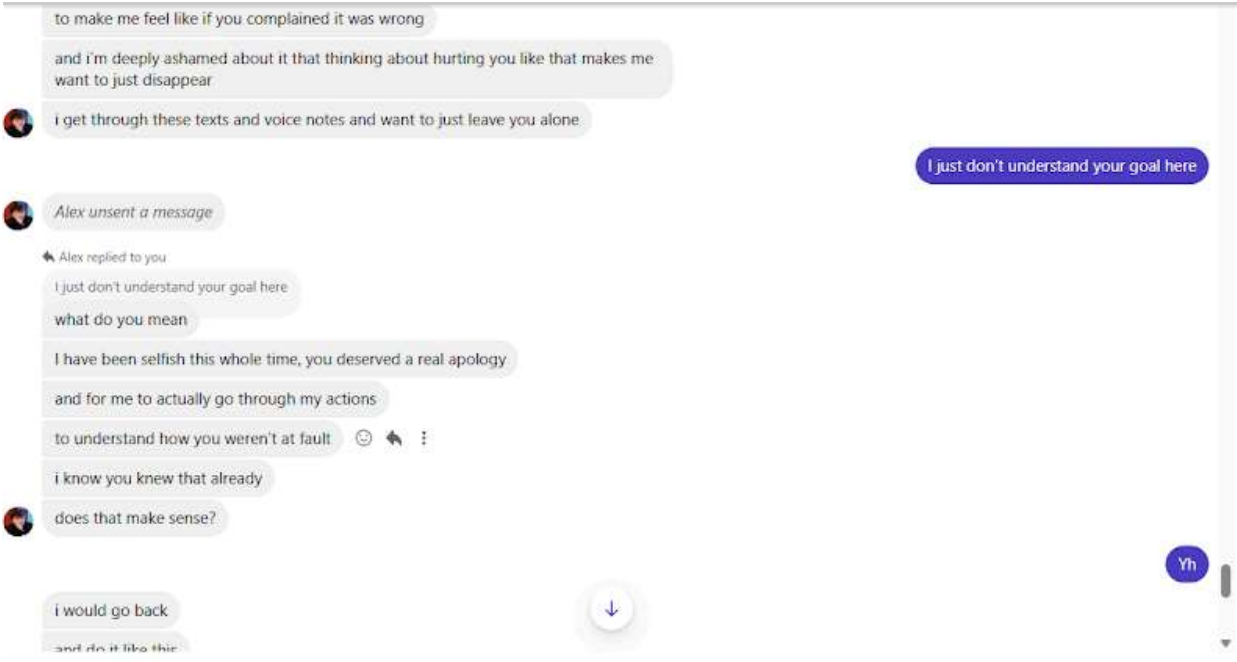

Like there's just
i know i meant in these messages
Even then
I don't wanna share any of that
i know
i didn't mean that
i mean in general
just i wont do that
sorry
i wasn't clear
that wasn't me asking you to share
Yea I mean same really idk
I know
I was just clarifying
i just meant please don't think i'm going to be mean but tbh that's just words

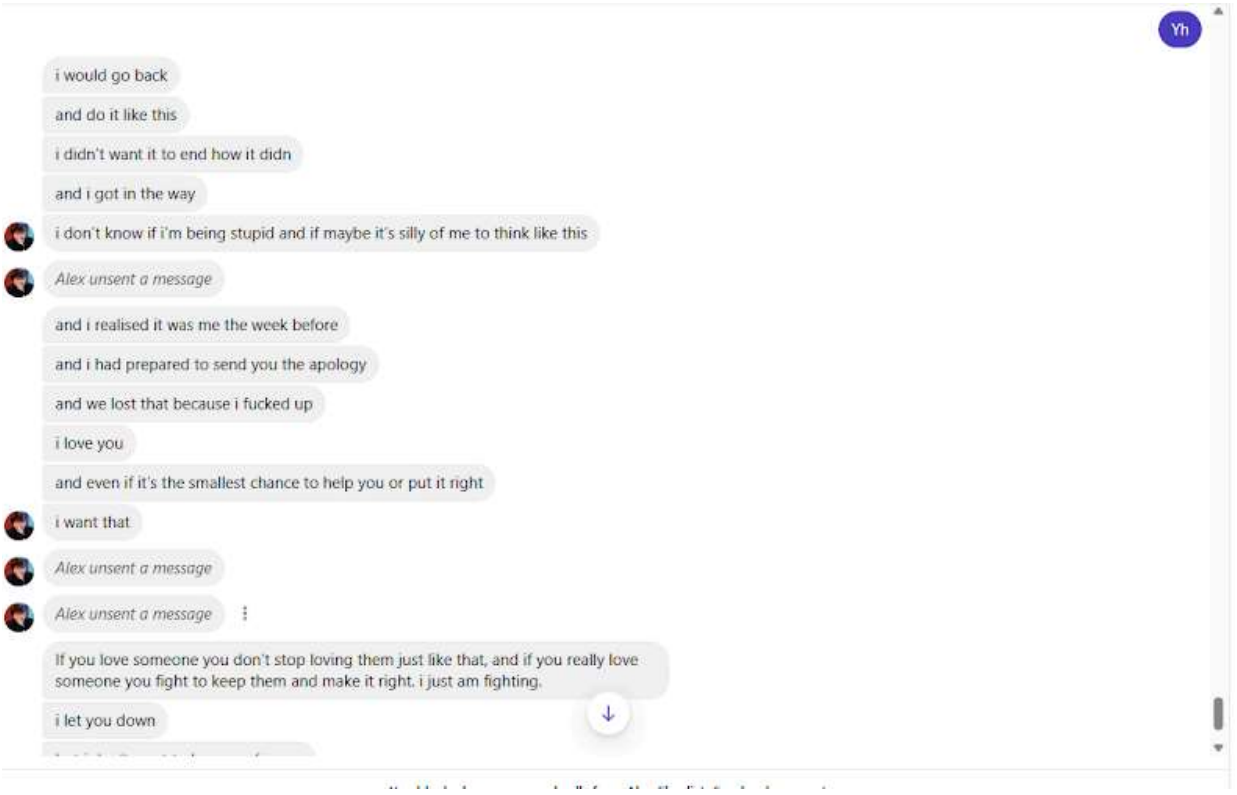

and with that can't imagine what it put you through
im not going to make excuses you deserve honesty and care and that's all in life
you should be treated like you're the whole world
i didn't know how you would feel about me apologising to you like this and i'm sorry for not doing it every time
4/17/24, 4:01 AM
seeing you involved with the person who sexually assaulted me had made me feel worse than ever, i've never felt anything like this today. i know you only reacted like that to prove a point because i pushed you. im sorry and i hope we can put that behind us.
4/17/24, 8:13 AM
Alex unsent a message
i just want to go back
i'm sorry for asking anything of you
yesterday was a low point for me and i still just don't know how to feel and im sorry i messaged you during it all, i don't want you to feel like you have to fix my problems i know it's complicated and i don't hold it against you.
i hurt you and you responded and i understand
i know you have other stuff going on

# Response - Read First

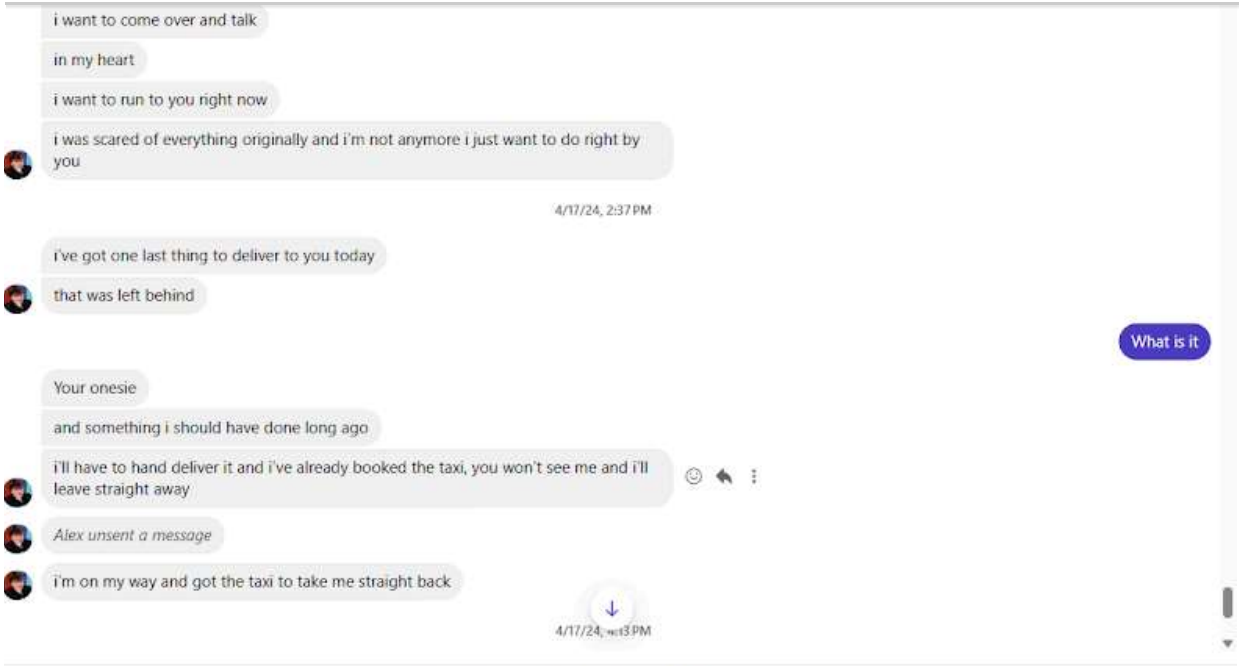

until it had got too big
i'm sorry for letting you down
the pain i feel is immeasurable and it must not compare to what you have gone through
i'm sorry for how selfish i have been, i told myself i was doing it for you but i was wrong and it was a terrible excuse to treat you that way.
the more i ran from this by arguing
the heavier it got
i'm sorry i didn't stop months ago, the pain you carry weighs on me a lot and i should never have put this off. i was avoiding it all because i didn't know how to deal with it.
4/17/24, 12:15 PM
Alex unsent a message
Alex unsent a message
4/17/24, 12:36 PM
Alex unsent a message
Alex unsent a message
Alex unsent a message
i've got therapy tonight at 8 i booked a weekly session
i'm hoping it will help
Bpd. Isn't bad. Its so demonised, it's actually got positives. Like loyalty. As you can tell with how long I actually stayed and put up with you being mean.
yes i understand i remember at the time i used it to blame an argument on you
i've looked it up and read through it on the nhs
Alex replied to themself
yes i understand i remember at the time i used it to blame an argument on you
i'm sorry for doing this
It has nothing to do with how downhill we went
i understand the torment i put on you
That was on you and your behaviour, like words and actions you used
Yea
no it does but not because of you, it does because i was horrible
i was horrible about it
i used it as a crutch
because i chose to misunderstand you

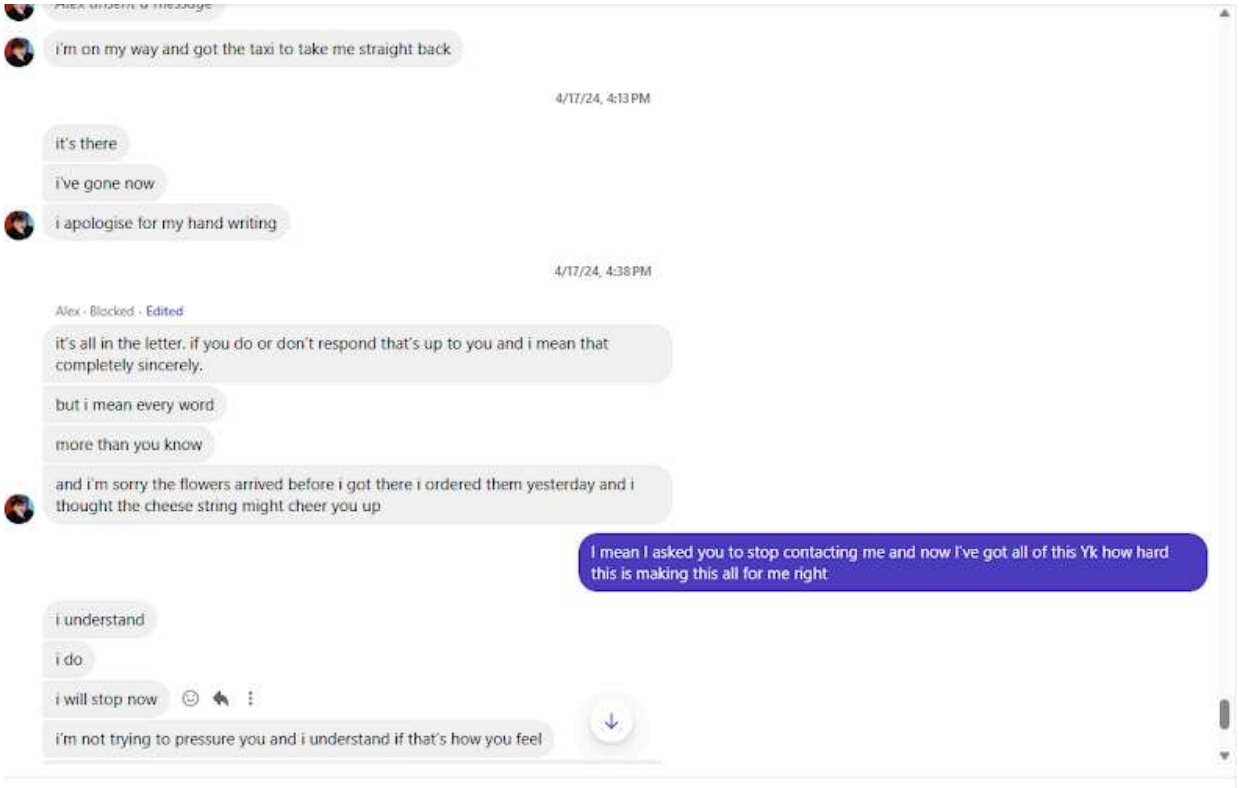
# Response - Read First


to make me feel like if you complained it was wrong
and i'm deeply ashamed about it that thinking about hurting you like that makes me want to just disappear
i get through these texts and voice notes and want to just leave you alone
I just don't understand your goal here
Alex unsent a message
Alex replied to you
I just don't understand your goal here
what do you mean
I have been selfish this whole time, you deserved a real apology
and for me to actually go through my actions
to understand how you weren't at fault
i know you knew that already
does that make sense?
Yh
i would go back

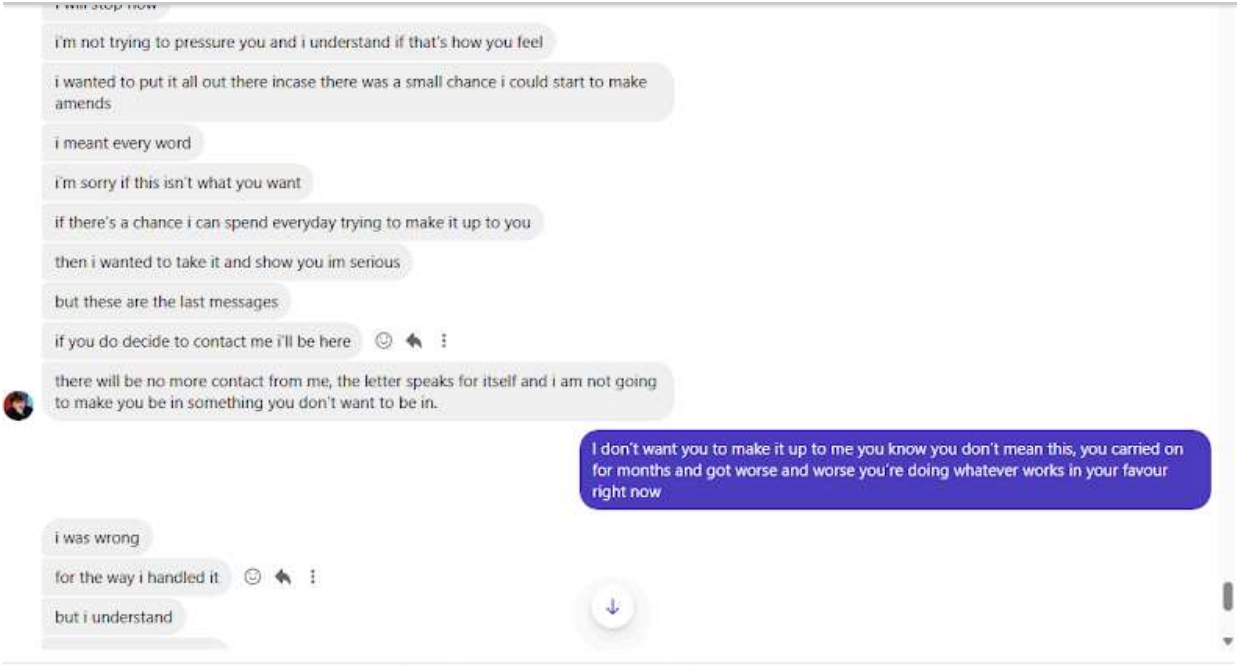

Yh
i would go back
and do it like this
i didn't want it to end how it didn
and i got in the way
i don't know if i'm being stupid and if maybe it's silly of me to think like this
Alex unsent a message
and i realised it was me the week before
and i had prepared to send you the apology
and we lost that because i fucked up
i love you
and even if it's the smallest chance to help you or put it right
i want that
Alex unsent a message
Alex unsent a message
If you love someone you don't stop loving them just like that, and if you really love someone you fight to keep them and make it right. i just am fighting.
i let you down

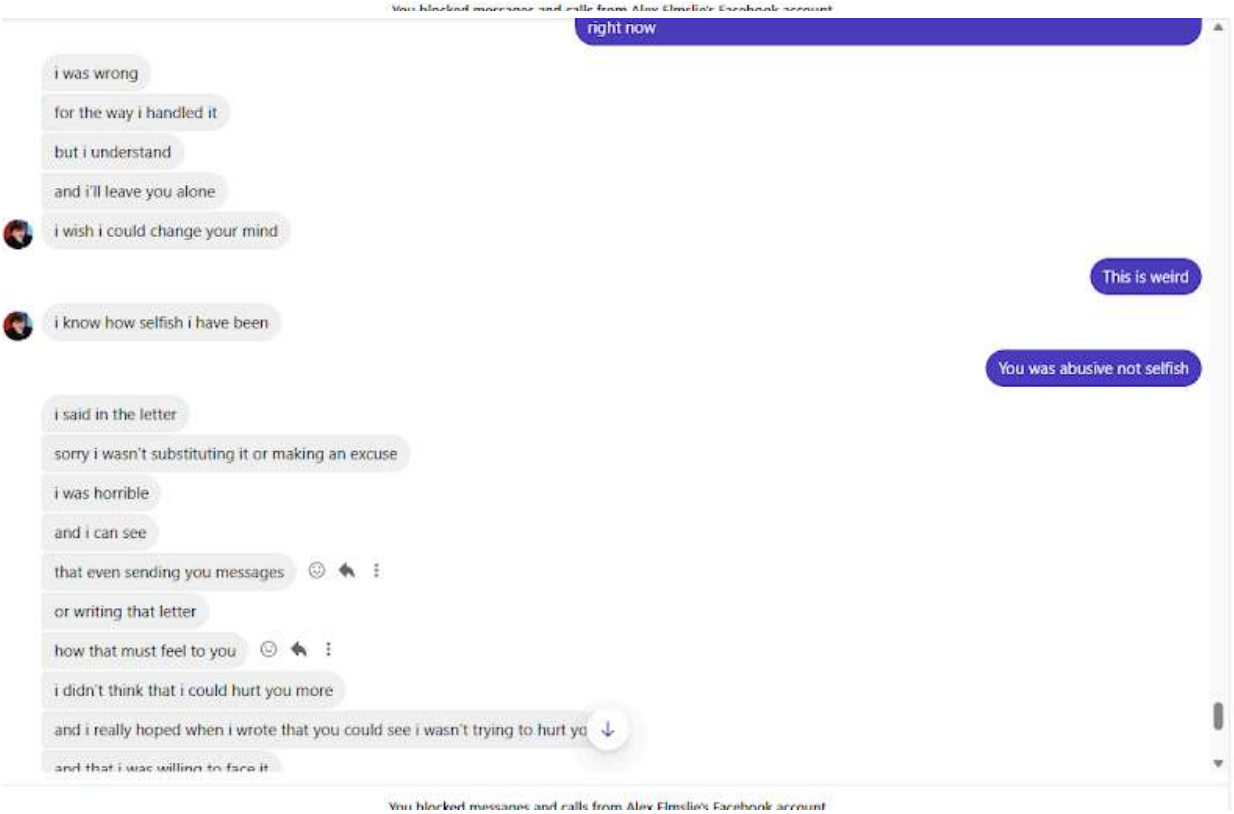
# Response - Read First


i want to come over and talk
in my heart
i want to run to you right now
i was scared of everything originally and i'm not anymore i just want to do right by you
4/17/24, 2:37 PM
i've got one last thing to deliver to you today
that was left behind
What is it
Your onesie
and something i should have done long ago
i'll have to hand deliver it and i've already booked the taxi, you won't see me and i'll leave straight away
Alex unsent a message
i'm on my way and got the taxi to take me straight back

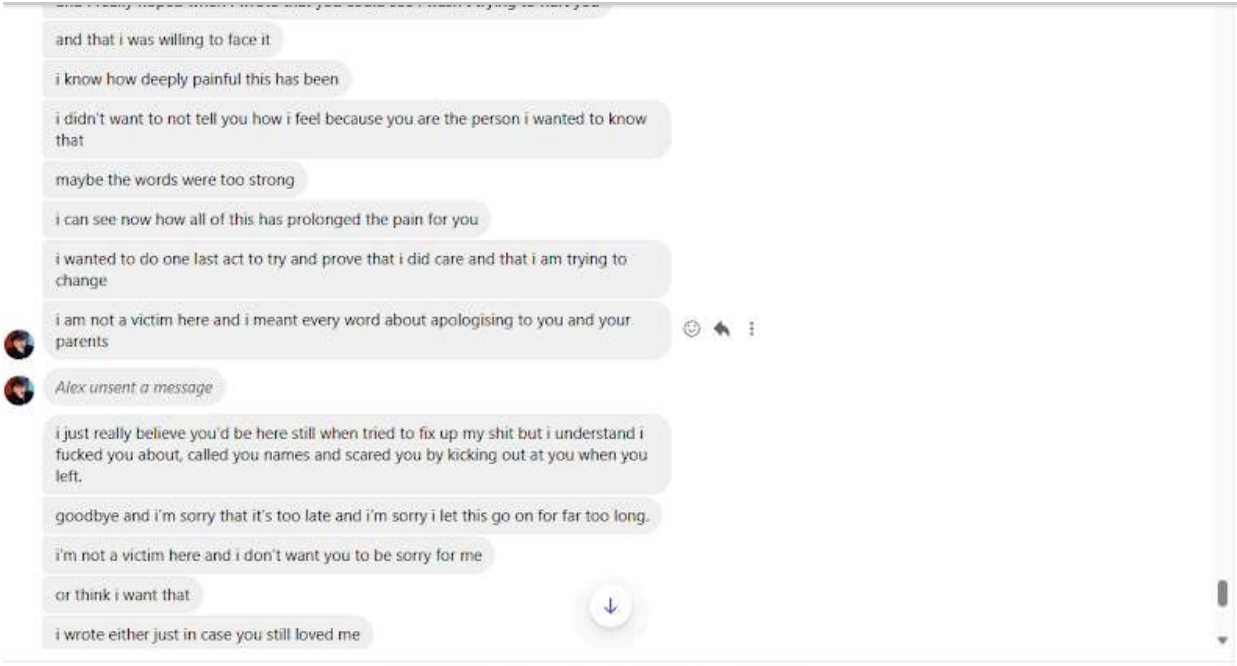

i'm on my way and got the taxi to take me straight back
4/17/24, 4:13 PM
it's there
i've gone now
i apologise for my hand writing
4/17/24, 4:38 PM
Alex · Blocked · Edited
it's all in the letter. if you do or don't respond that's up to you and i mean that completely sincerely.
but i mean every word
more than you know
and i'm sorry the flowers arrived before i got there i ordered them yesterday and i thought the cheese string might cheer you up
I mean I asked you to stop contacting me and now I've got all of this Yk how hard this is making this all for me right
i understand
i do
i will stop now
i'm not trying to pressure you and i understand if that's how you feel

# Response - Read First

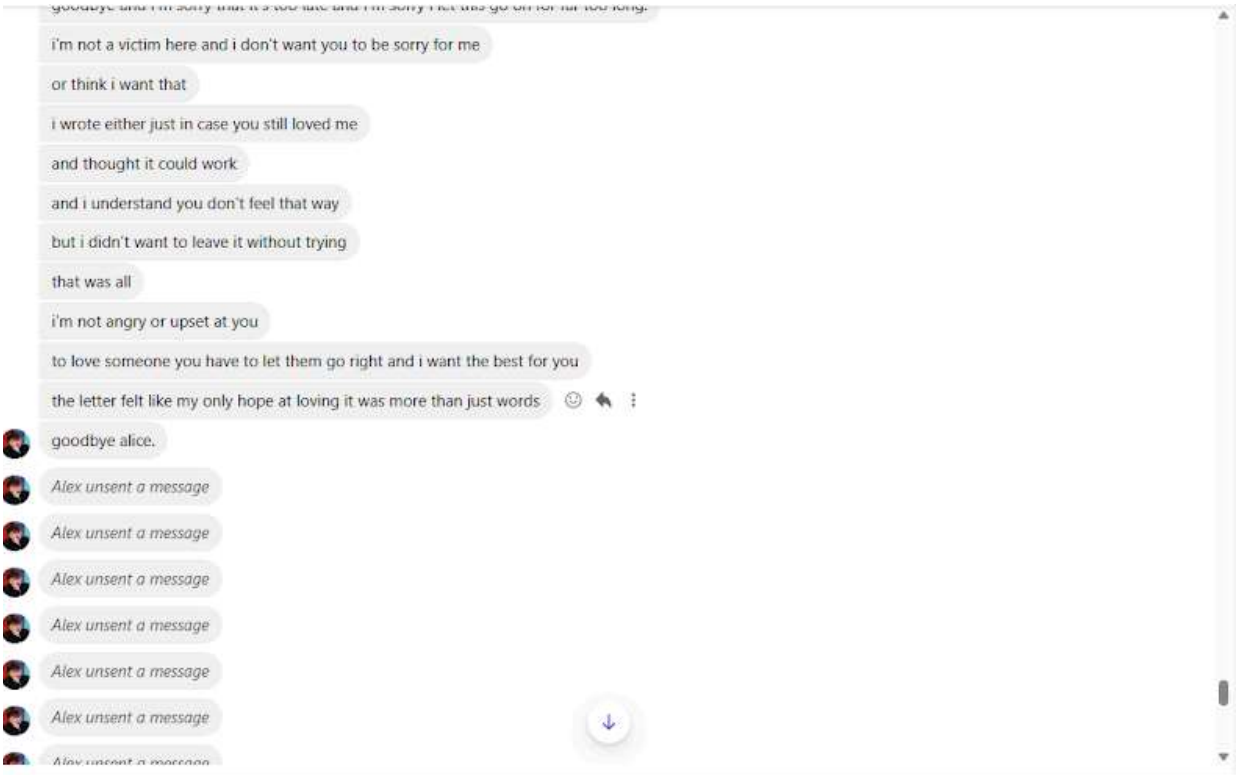

i'm not trying to pressure you and i understand if that's how you feel
i wanted to put it all out there incase there was a small chance i could start to make amends
i meant every word
i'm sorry if this isn't what you want
if there's a chance i can spend everyday trying to make it up to you
then i wanted to take it and show you im serious
but these are the last messages
if you do decide to contact me i'll be here
there will be no more contact from me, the letter speaks for itself and i am not going to make you be in something you don't want to be in.
I don't want you to make it up to me you know you don't mean this, you carried on for months and got worse and worse you're doing whatever works in your favour right now
i was wrong
for the way i handled it
but i understand

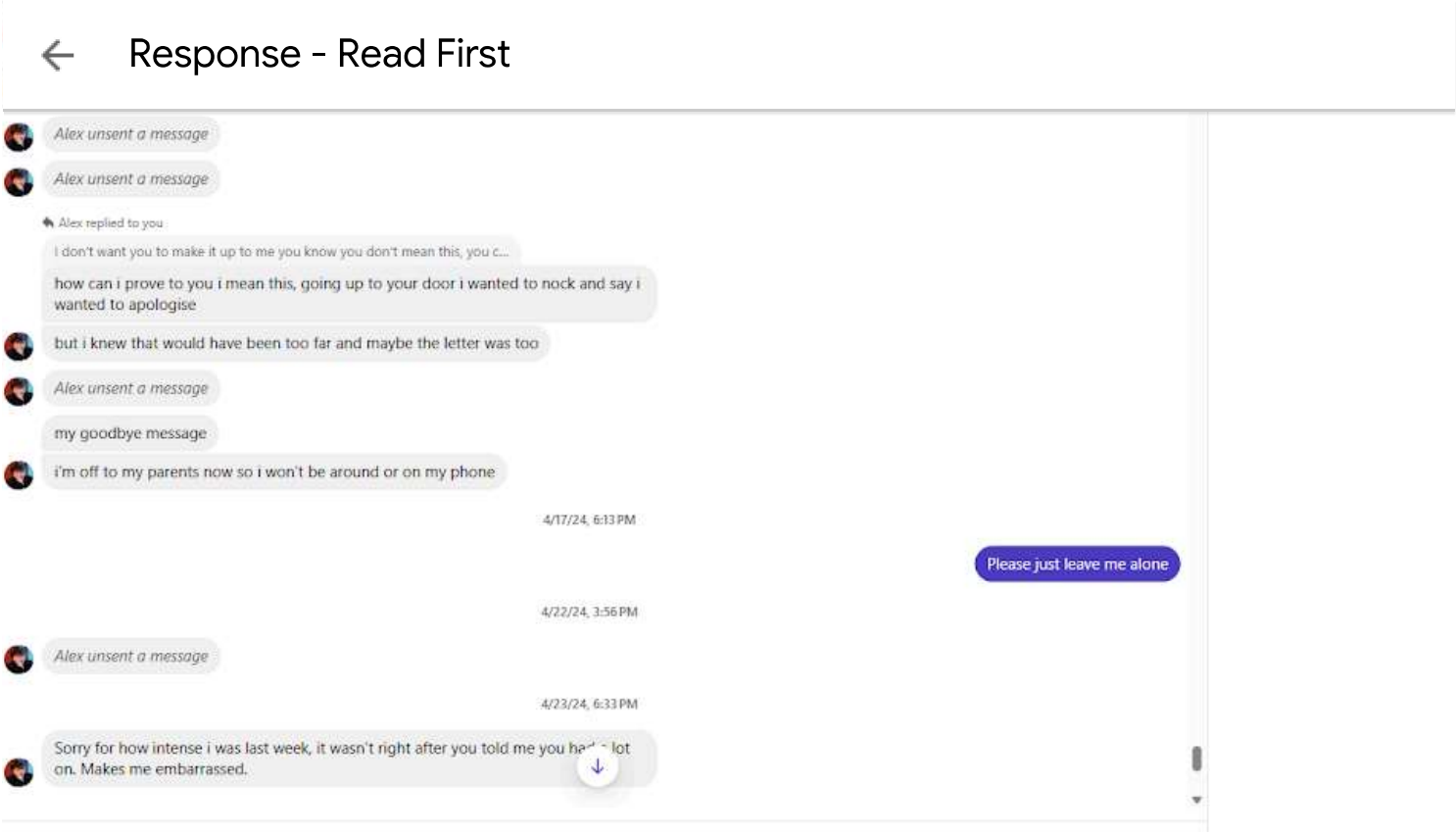

right now
i was wrong
for the way i handled it
but i understand
and i'll leave you alone
i wish i could change your mind
This is weird
i know how selfish i have been
You was abusive not selfish
i said in the letter
sorry i wasn't substituting it or making an excuse
i was horrible
and i can see
that even sending you messages
or writing that letter
how that must feel to you
i didn't think that i could hurt you more
and i really hoped when i wrote that you could see i wasn't trying to hurt yo

# Response - Read First


and that i was willing to face it
i know how deeply painful this has been
i didn't want to not tell you how i feel because you are the person i wanted to know that
maybe the words were too strong
i can see now how all of this has prolonged the pain for you
i wanted to do one last act to try and prove that i did care and that i am trying to change
i am not a victim here and i meant every word about apologising to you and your parents
Alex unsent a message
i just really believe you'd be here still when tried to fix up my shit but i understand i fucked you about, called you names and scared you by kicking out at you when you left.
goodbye and i'm sorry that it's too late and i'm sorry i let this go on for far too long.
i'm not a victim here and i don't want you to be sorry for me
or think i want that
i wrote either just in case you still loved me

You blocked messages and calls from Alex Elmslie's Facebook account

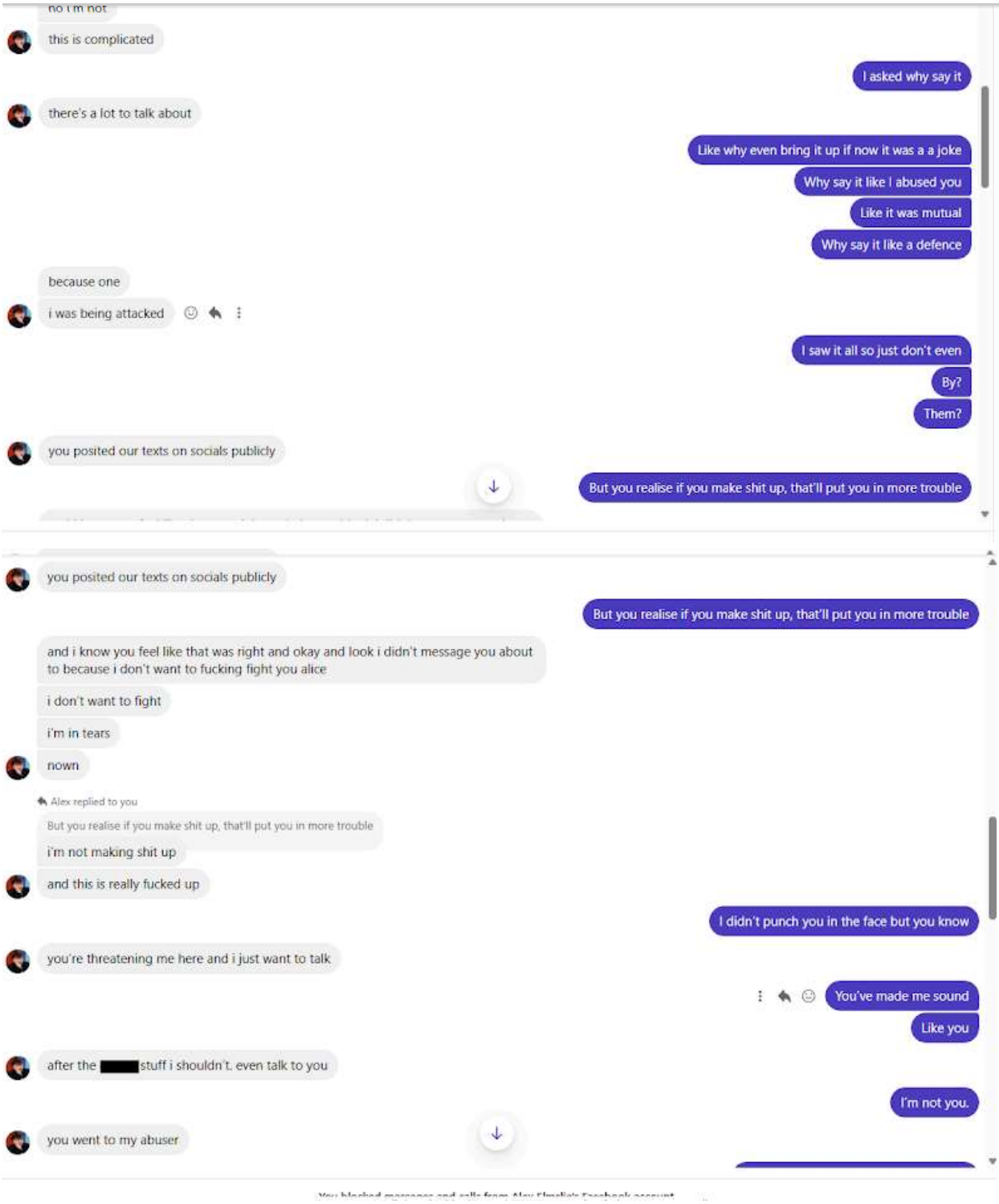

i'm not a victim here and i don't want you to be sorry for me
or think i want that
i wrote either just in case you still loved me
and thought it could work
and i understand you don't feel that way
but i didn't want to leave it without trying
that was all
i'm not angry or upset at you
to love someone you have to let them go right and i want the best for you
the letter felt like my only hope at loving it was more than just words
goodbye alice.
Alex unsent a message
Alex unsent a message
Alex unsent a message
Alex unsent a message
Alex unsent a message
Alex unsent a message


Response - Read First
Alex unsent a message
Alex unsent a message
Alex replied to you
I don't want you to make it up to me you know you don't mean this, you c...
how can i prove to you i mean this, going up to your door i wanted to nock and say i wanted to apologise
but i knew that would have been too far and maybe the letter was too
Alex unsent a message
my goodbye message
i'm off to my parents now so i won't be around or on my phone
4/17/24, 6:13 PM
Please just leave me alone
4/22/24, 3:56 PM
Alex unsent a message
4/23/24, 6:33 PM
Sorry for how intense i was last week, it wasn't right after you told me you ha lot on. Makes me embarrassed.

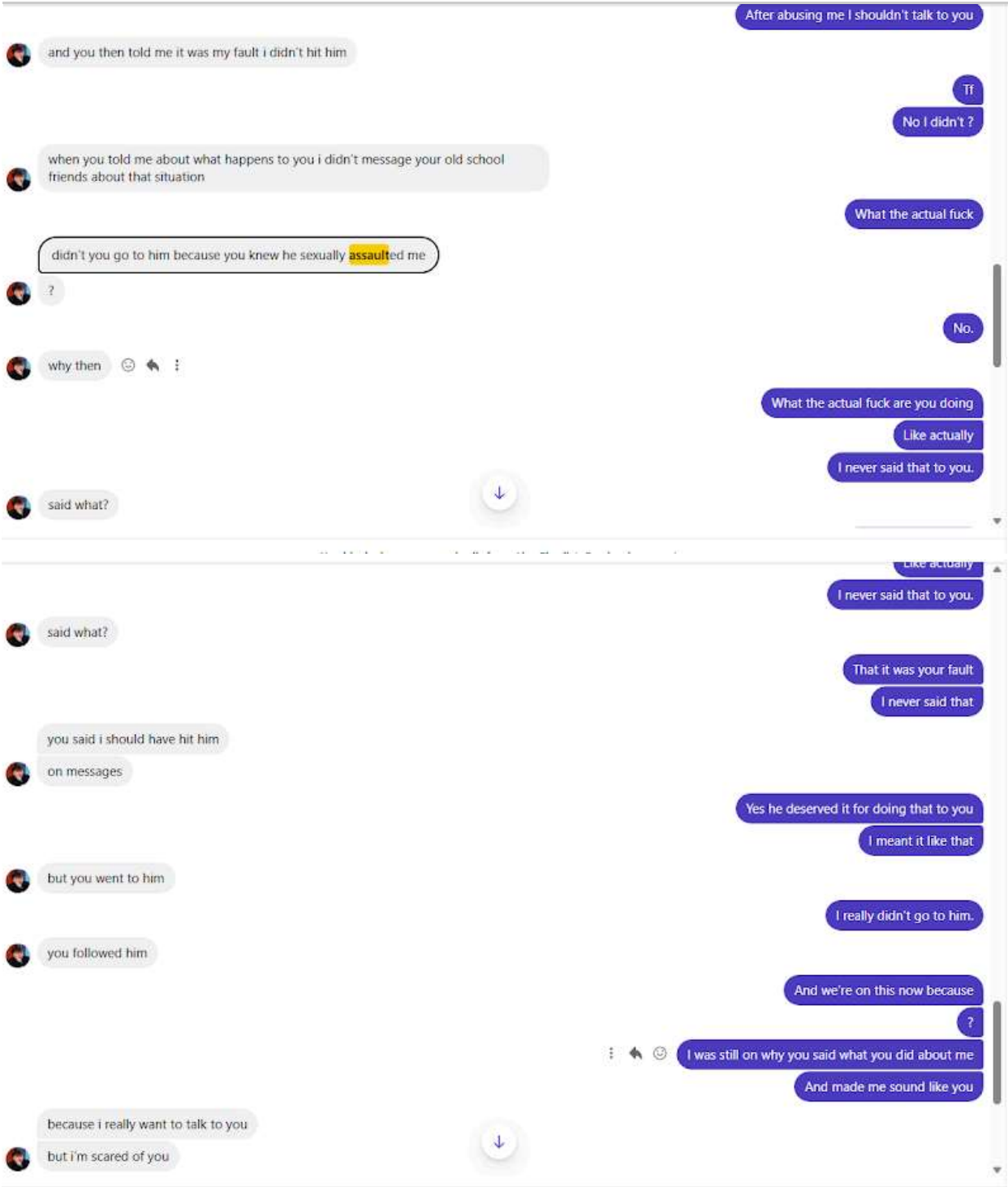
It then goes to May, where friends have been informed and he was texting me over it asking me to not say anything, and I was confronting him asking him why he has lied to his friends, twisting stories and at a point he brings up the assault again.

The reason i was so dismissive was because i asked alex to leave me alone so much before this conversation, i never meant for my words to come across so rude and i do regret that as i try tell alex i did not mean it in the way it came across, i did not blame him for anything happening to him regarding his assault and to tell him to just defend himself was wrong of me, i had the impression that this was just one time and that his assaulter was winding him up about a story he shared and this was very insensitive of me but in no way had i reached out to this person to hurt alex, that was not my intention and it was them reaching out to me.

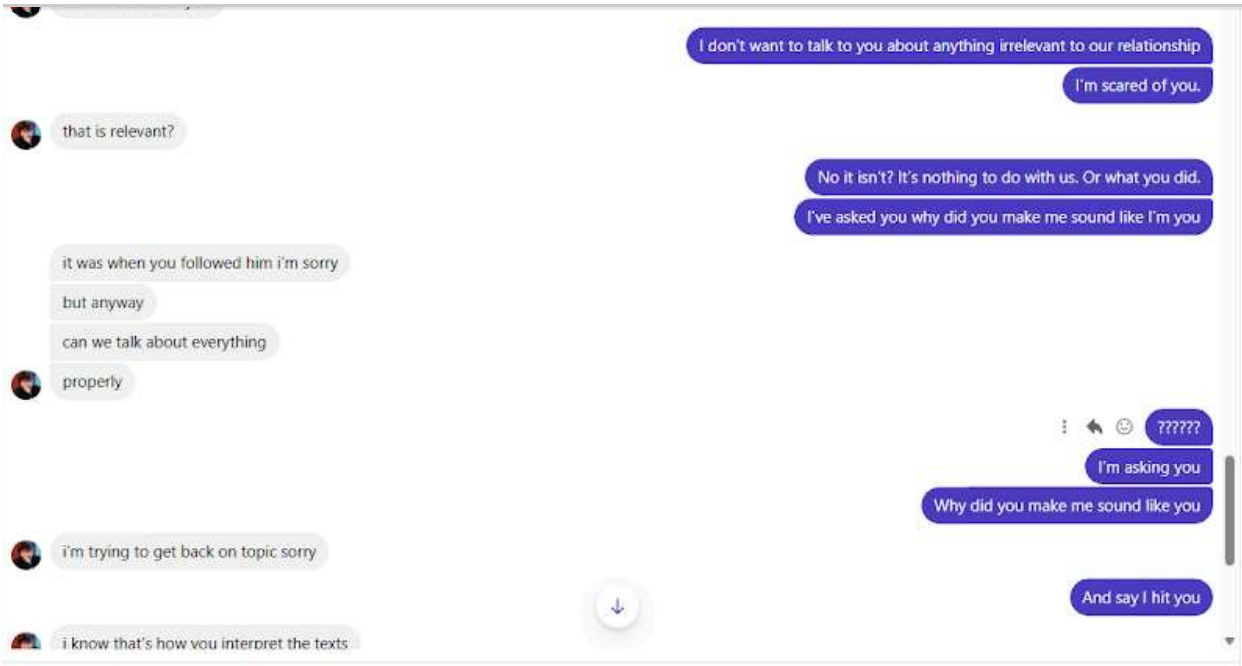
# Response - Read First

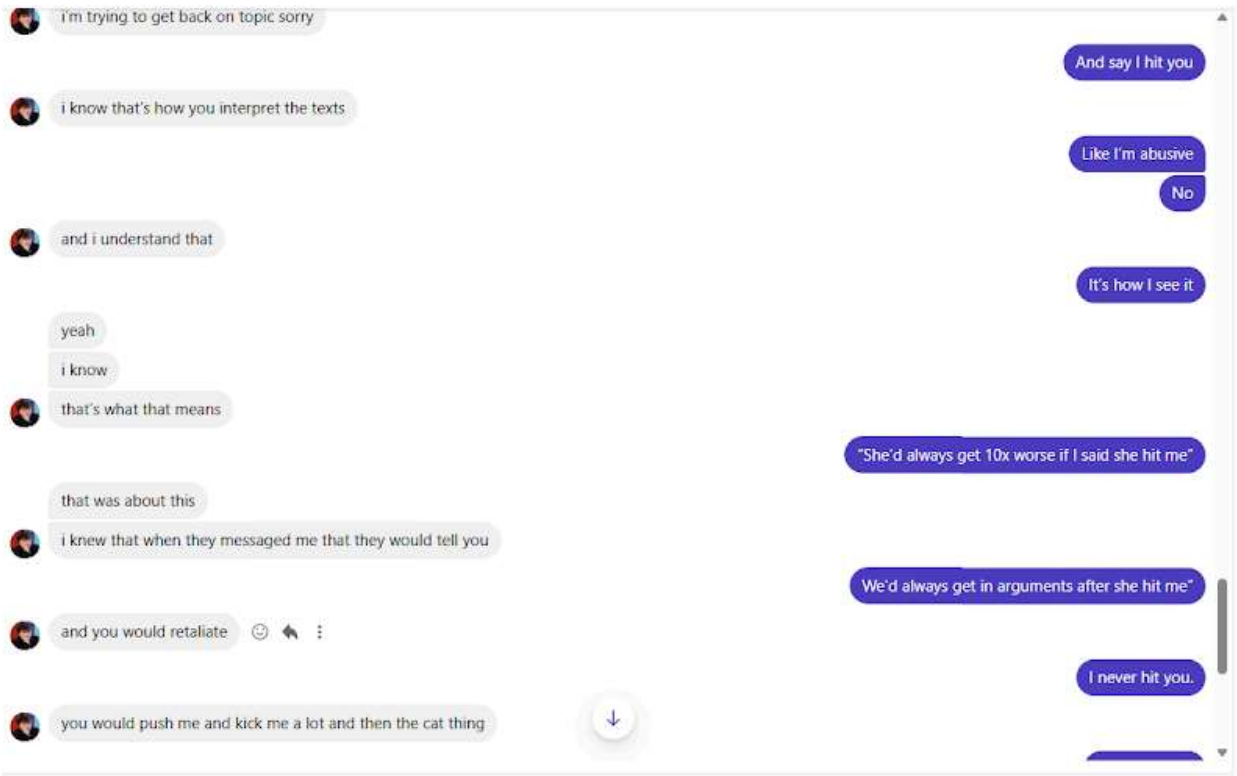

no I'm not
this is complicated
I asked why say it
there's a lot to talk about
Like why even bring it up if now it was a a joke
Why say it like I abused you
Like it was mutual
Why say it like a defence
because one
i was being attacked
I saw it all so just don't even
By?
Them?
you posited our texts on socials publicly
But you realise if you make shit up, that'll put you in more trouble
you posited our texts on socials publicly
But you realise if you make shit up, that'll put you in more trouble
and i know you feel like that was right and okay and look i didn't message you about to because i don't want to fucking fight you alice
i don't want to fight
i'm in tears
nown
Alex replied to you
But you realise if you make shit up, that'll put you in more trouble
i'm not making shit up
and this is really fucked up
I didn't punch you in the face but you know
you're threatening me here and i just want to talk
You've made me sound
Like you
after the [redacted] stuff i shouldn't. even talk to you
I'm not you.
you went to my abuser

# Response - Read First

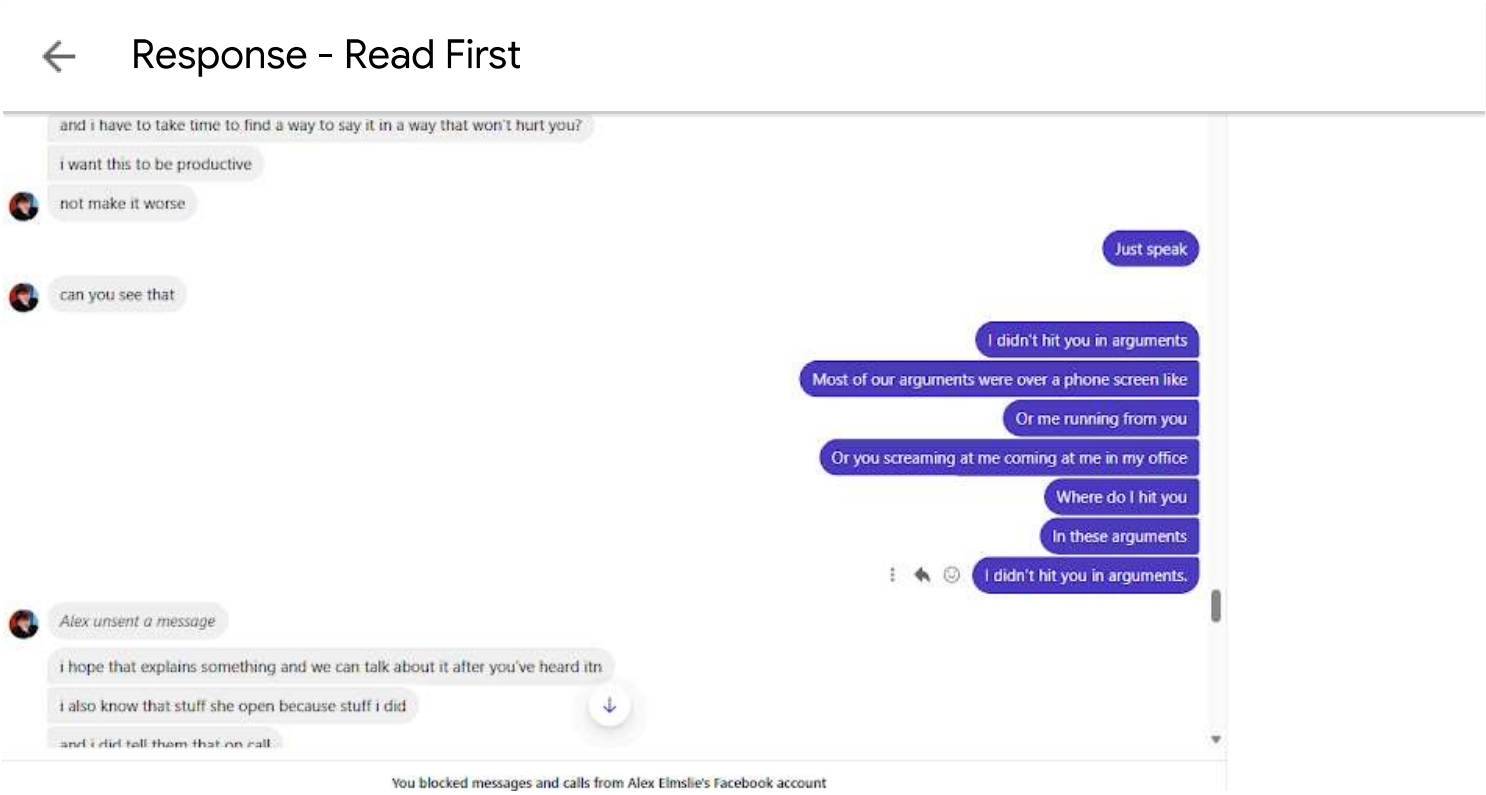

After abusing me I shouldn't talk to you
and you then told me it was my fault i didn't hit him
Tf
No I didn't ?
when you told me about what happens to you i didn't message your old school friends about that situation
What the actual fuck
didn't you go to him because you knew he sexually assaulted me
?
No.
why then
What the actual fuck are you doing
Like actually
I never said that to you.
said what?
I never said that to you.
said what?
That it was your fault
I never said that
you said i should have hit him
on messages
Yes he deserved it for doing that to you
I meant it like that
but you went to him
I really didn't go to him.
you followed him
And we're on this now because
?
I was still on why you said what you did about me
And made me sound like you
because i really want to talk to you
but i'm scared of you

# Response - Read First


I don't want to talk to you about anything irrelevant to our relationship
I'm scared of you.
that is relevant?
No it isn't? It's nothing to do with us. Or what you did.
I've asked you why did you make me sound like I'm you
it was when you followed him i'm sorry
but anyway
can we talk about everything
properly
??????
I'm asking you
Why did you make me sound like you
i'm trying to get back on topic sorry
And say I hit you
i know that's how you interpret the texts


i'm trying to get back on topic sorry
And say I hit you
i know that's how you interpret the texts
Like I'm abusive
No
and i understand that
It's how I see it
yeah
i know
that's what that means
"She'd always get 10x worse if I said she hit me"
that was about this
i knew that when they messaged me that they would tell you
We'd always get in arguments after she hit me"
and you would retaliate
I never hit you.
you would push me and kick me a lot and then the cat thing

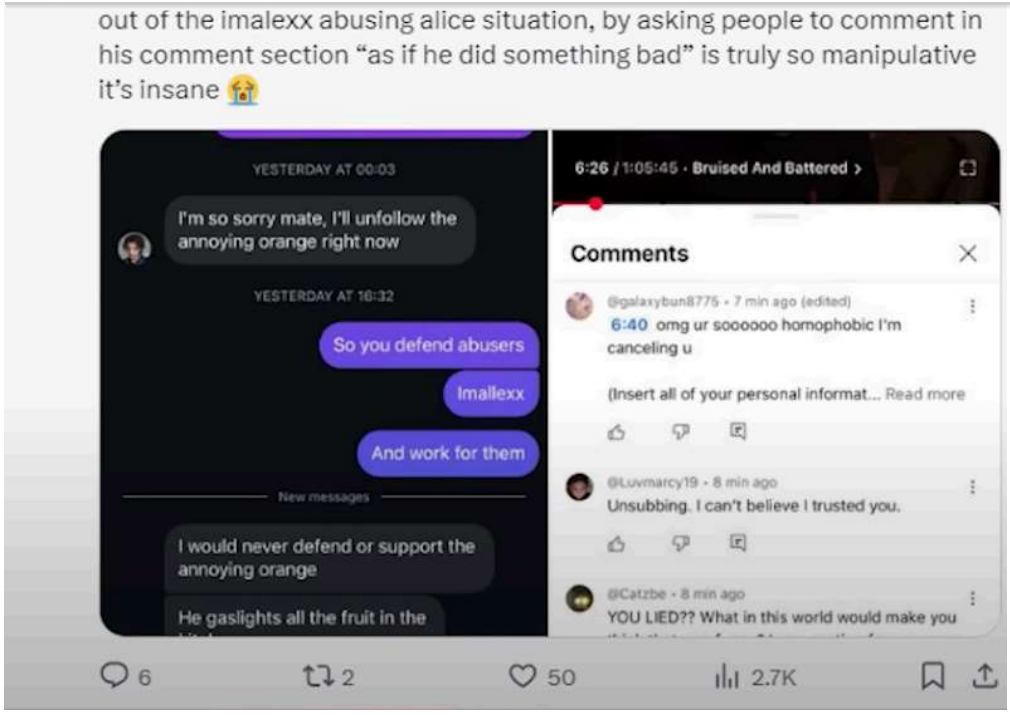
The whole conversation onwards is just glazing over the fact he is lying to his friends and trying to spin narrative to me.


Response - Read First
and i have to take time to find a way to say it in a way that won't hurt you?
i want this to be productive
not make it worse
Just speak
can you see that
I didn't hit you in arguments
Most of our arguments were over a phone screen like
Or me running from you
Or you screaming at me coming at me in my office
Where do I hit you
In these arguments
I didn't hit you in arguments.
Alex unsent a message
i hope that explains something and we can talk about it after you've heard itn
i also know that stuff she open because stuff i did
You blocked messages and calls from Alex Elmslie's Facebook account

He then says in the video that i was harassing him for a year after this statement came out, me replying to multiple fake accounts harassing me, is not harassment to alex.
I had multiple people commenting and asking specific questions about Alex and I was just clearing up and answering them. I know I shouldn't and I should have ignored these but I was defending myself.
He has been stalking me since i came out, screenshotting every reply, every tweet and claiming it is harassment, when all i am doing is **replying** or talking about healing, and how multiple accounts harass me. I ended up blocking around 15+ fake accounts commenting the exact same thing.

He goes onto the subject of his “former” editor dankyjabo, i had multiple sources telling me that he was still working with alex, this was information i was given, i did not go out of my way to get this information as it was sent to me. Multiple creators gained this suspicion and named many other youtubers not just dankyjabo, this is the information i ever went off.
To say I was harassing him or jabo is a lie since this was not me making these claims, I was just repeating what I was told, and I believed it.

# Response - Read First


out of the imalexx abusing alice situation, by asking people to comment in his comment section “as if he did something bad” is truly so manipulative it’s insane 😭
YESTERDAY AT 00:03
I'm so sorry mate, I'll unfollow the annoying orange right now
YESTERDAY AT 16:32
So you defend abusers
Imallexx
And work for them
New messages
I would never defend or support the annoying orange
He gaslights all the fruit in the
6:26 / 1:05:45 · Bruised And Battered
Comments
@galaxybun8775 · 7 min ago (edited)
6:40 omg ur soooooo homophobic I'm canceling u
(Insert all of your personal informat... Read more
@Luvmarcy19 · 8 min ago
Unsubbing. I can't believe I trusted you.
@Catzbe · 8 min ago
YOU LIED?? What in this world would make you
6
2
50
2.7K

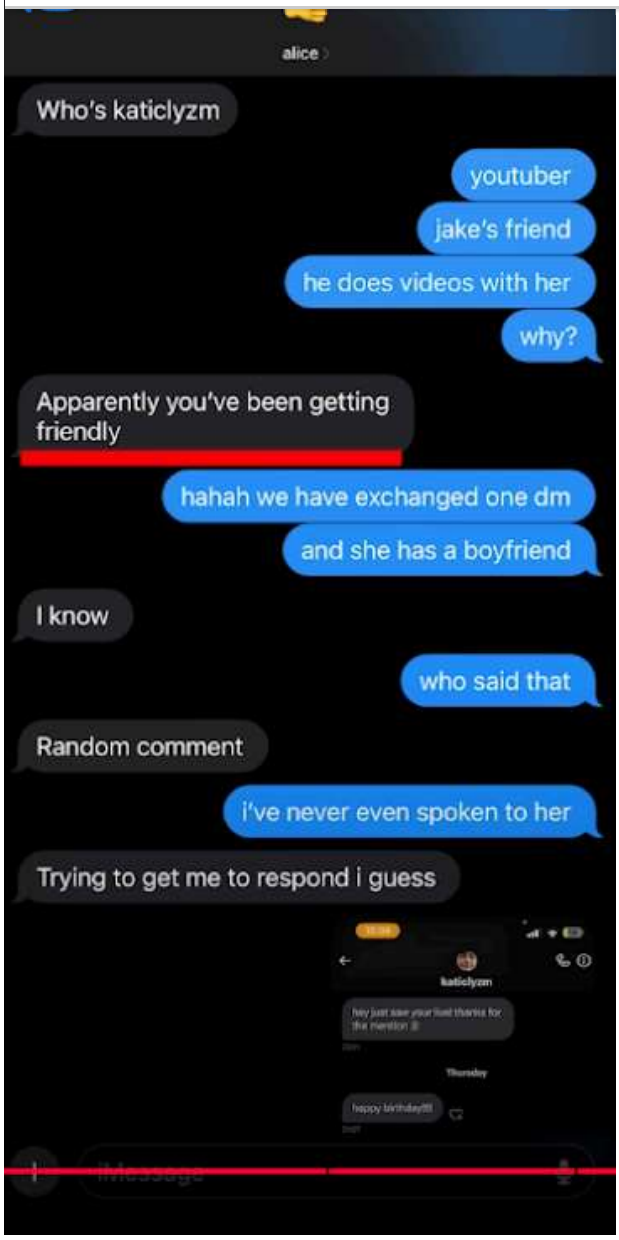
Me reposting a tweet is not harassment.
To say i had anything to do with this is reaching, all i did was show someone what had been sent to me, as it was weird for jabo to dismiss something so serious that is why i repost.

# Response - Read First

SUN 09:11
Is there a reason you still follow and work for an abusive pos
YESTERDAY AT 00:03
I'm so sorry mate, I'll unfollow the annoying orange right now
YESTERDAY AT 16:32
So you defend abusers
Imallexx
And work for them
New messages
I would never defend or support the annoying orange
He gaslights all the fruit in the kitchen
How dare you accuse me of such a thing
Tap and hold to react
Message...

He says this was claimed “proof” of them knowing each other, when it was actually proof of Jabo dismissing the question of why he was still working with alex.
To claim I made this “conspiracy” and that this is me harassing him is not true, I had no idea who Alex's editor actually was until this all came about. All i ever knew about him was negative comments alex would make about him and slagging him off for “fucking up” his videos and doing a terrible job editing them.
Anything said on dankyjabo after receiving this screenshot is not from me, but from others speculating the same thing.

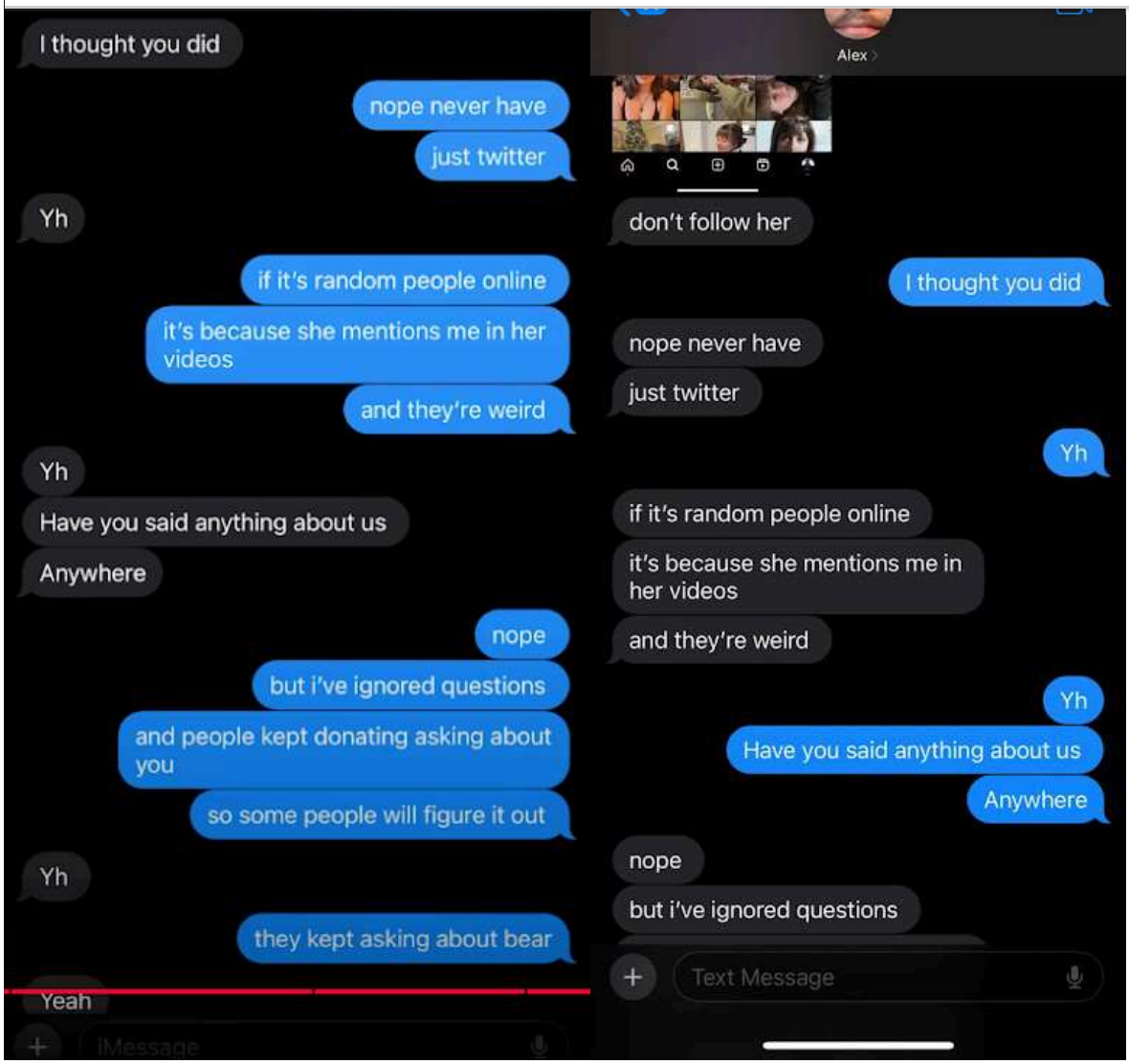
# Response - Read First




He uses this screenshot and says i “accused him” of being close to kaitclyzm, when actually if you read the whole thing i had a random comment mention her and i asked him who she was.

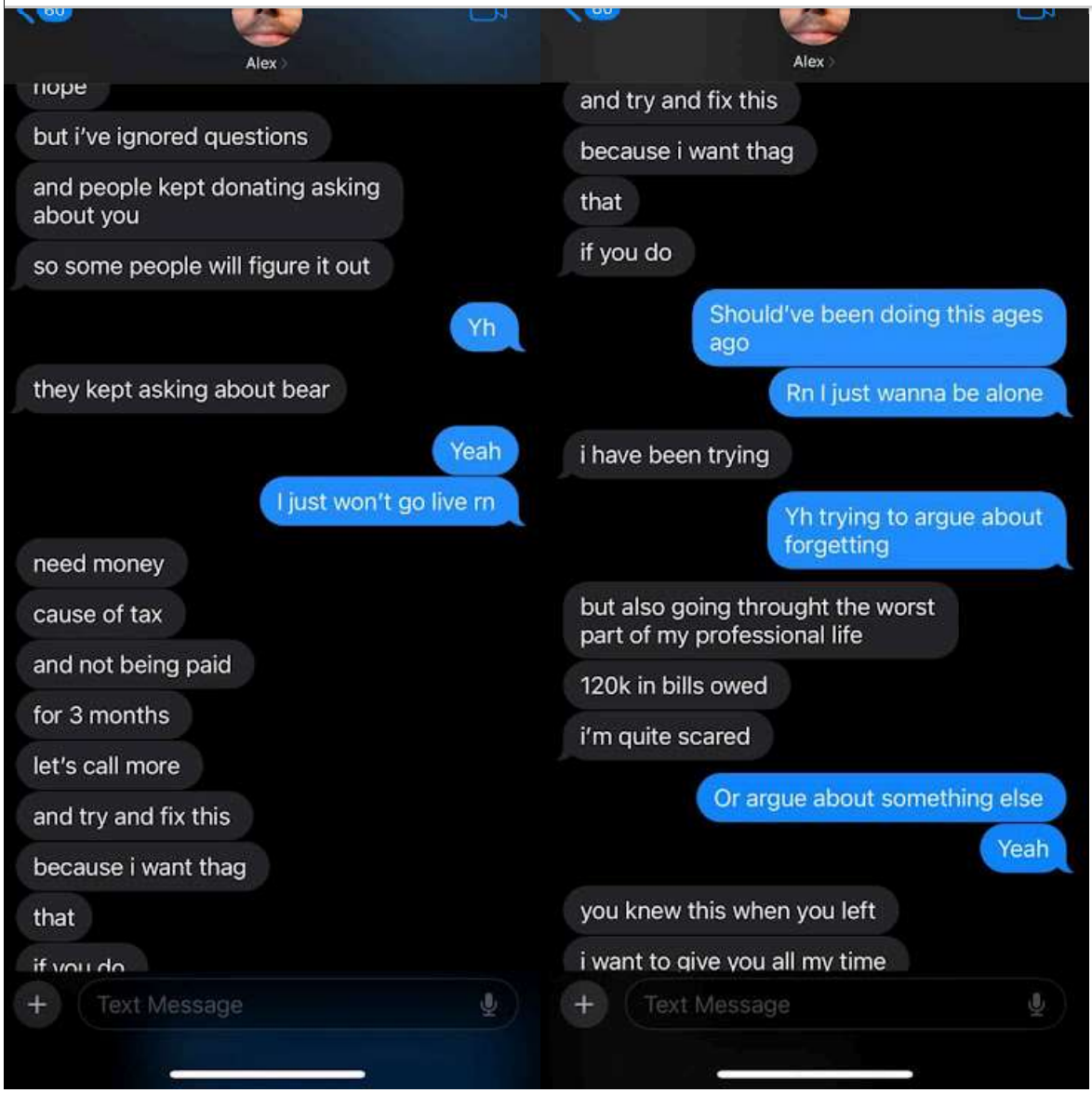
He uses this screenshot and claims it was 2 months after breaking up and i was “still monitoring his socials” and “trying to prevent him from being friends with anyone” this is a lie, i simply asked him who she was as i got a comment about her that is it. He doesn't show the rest of the conversation because it would go against his story when really he was still trying to fix things with me and this was not me being controlling in any way.

# Response - Read First

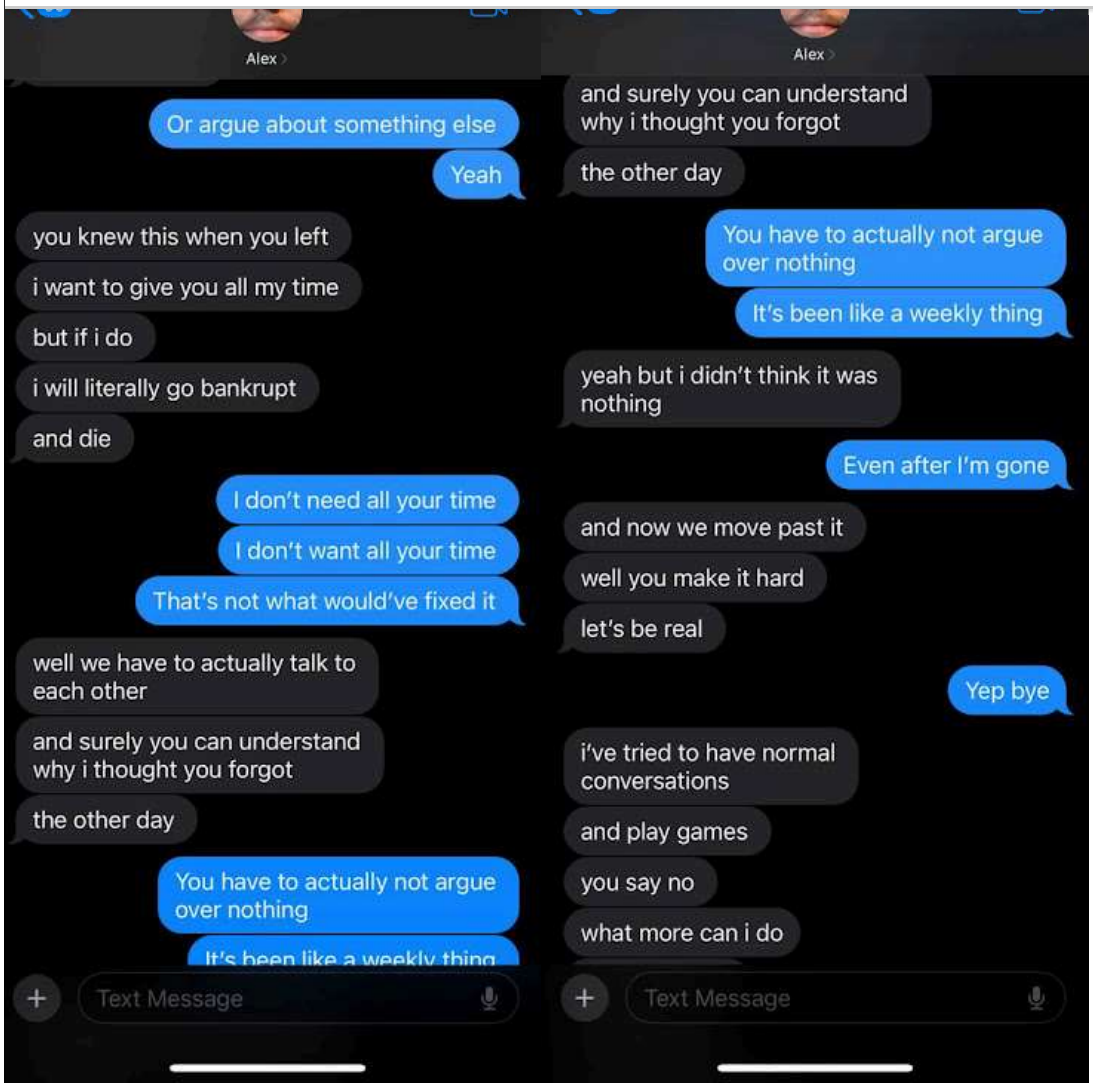



This was me asking him if he said we broke up anywhere online, and it was a month after i left alex.
This was the rest of the conversation.

# Response - Read First



# Response - Read First

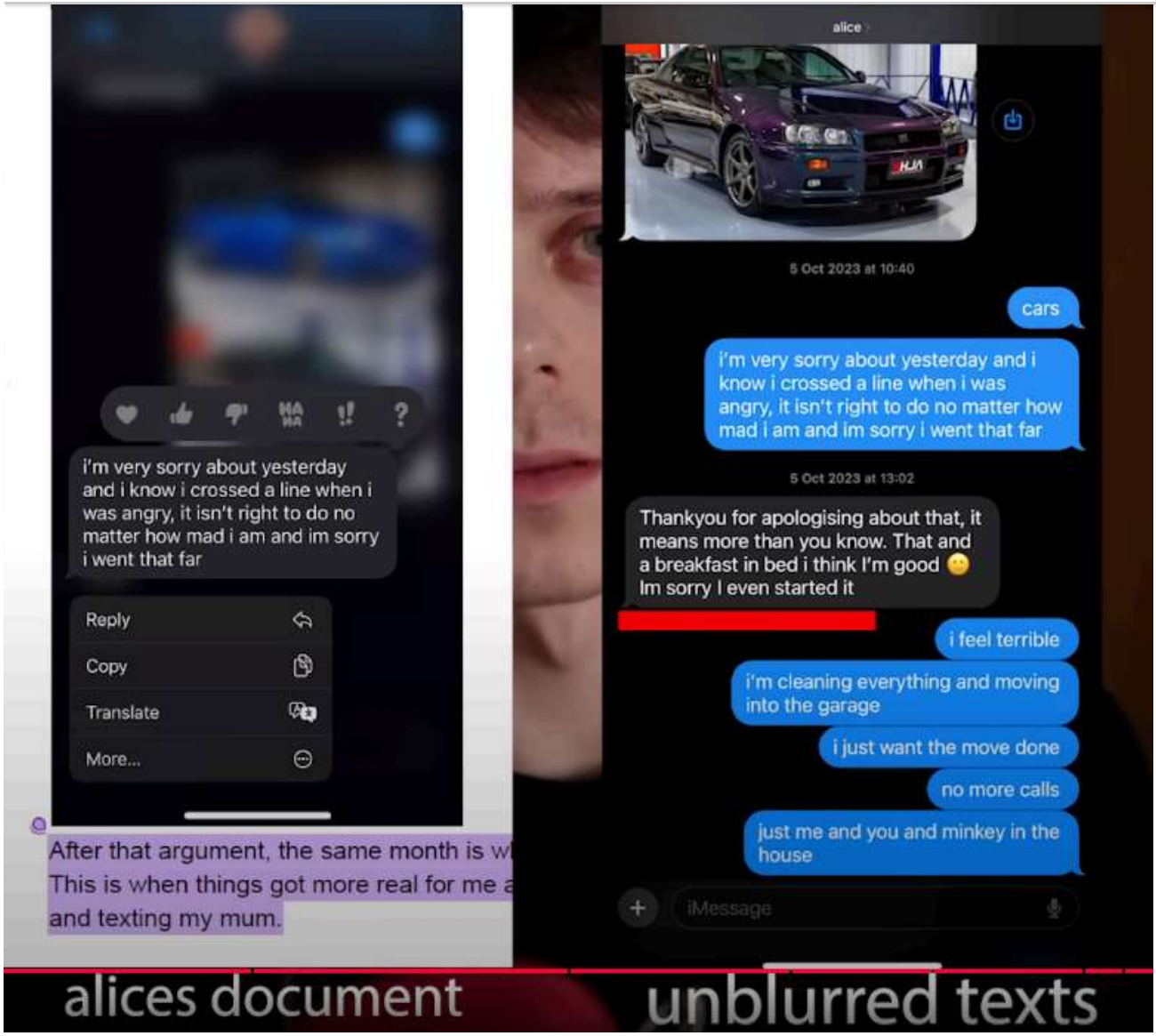

Alex
Or argue about something else
Yeah
you knew this when you left
i want to give you all my time
but if i do
i will literally go bankrupt
and die
I don't need all your time
I don't want all your time
That's not what would've fixed it
well we have to actually talk to each other
and surely you can understand why i thought you forgot
the other day
You have to actually not argue over nothing
Text Message
Alex
and surely you can understand why i thought you forgot
the other day
You have to actually not argue over nothing
It's been like a weekly thing
yeah but i didn't think it was nothing
Even after I'm gone
and now we move past it
well you make it hard
let's be real
Yep bye
i've tried to have normal conversations
and play games
you say no
what more can i do
Text Message

# Response - Read First

Alex
what more can i do
it's frustrating
but anyway
valorant was goodn
but i just wanted you to call me and act like you knew what was going on
even then
i moved past it
i'll don't care anymore
so why do you
it's cool
like fine
i'm not holding grudges
Wow playing games will fix our toxic relationship and the abuse you did
1 Reply
it was a mistake
Text Message

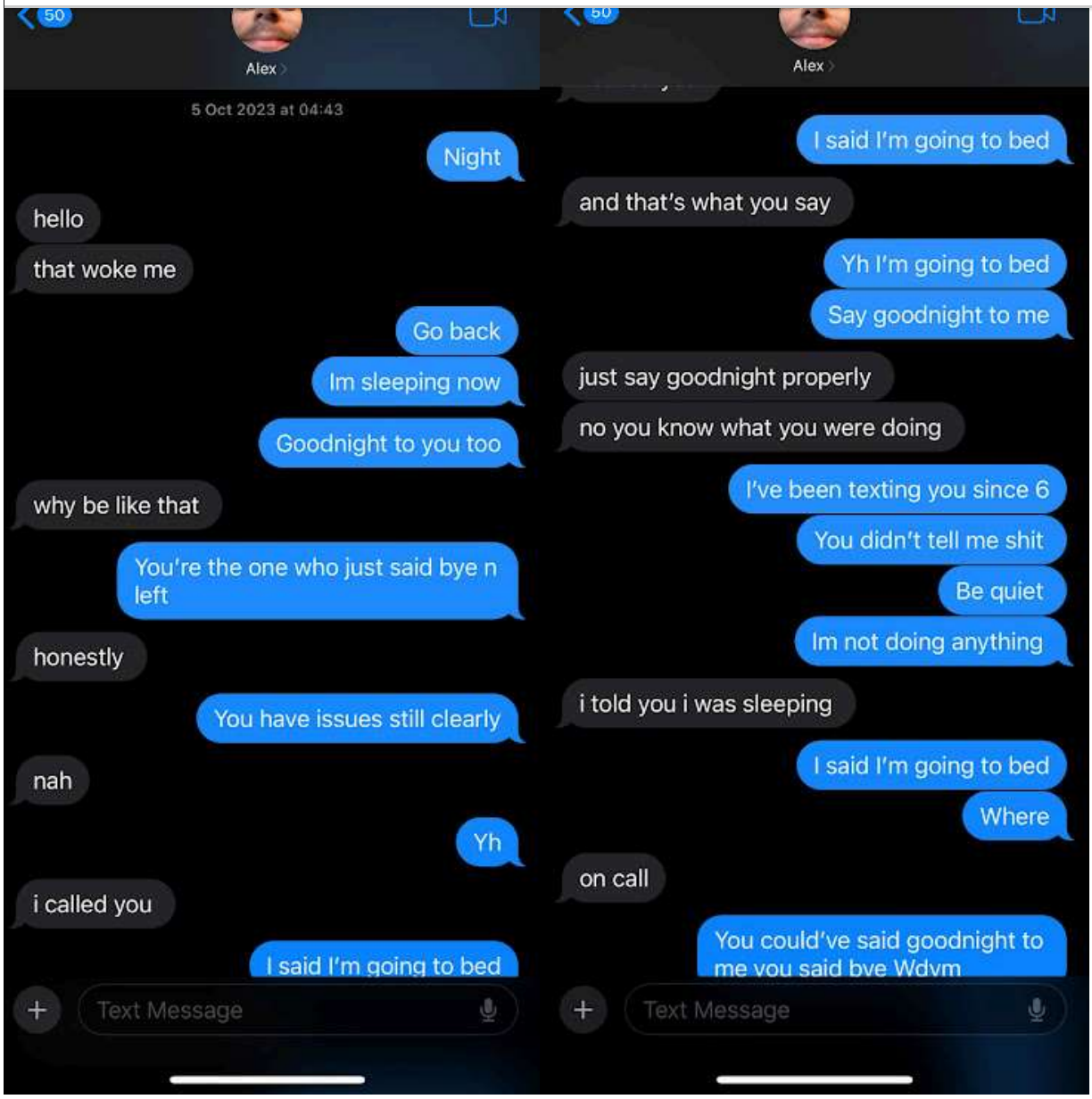
He goes on to talk about his other exes, and I already linked mine and Jess's conversation.
I did not abuse Alex, and his defense saying I did are lies.
To then use a screenshot of me apologising for starting one argument within the 10+ months of abuse I received claiming it discredits everything i went through is wrong.

# Response - Read First


i'm very sorry about yesterday and i know i crossed a line when i was angry, it isn't right to do no matter how mad i am and im sorry i went that far
Reply
Copy
Translate
More...
After that argument, the same month is w
This is when things got more real for me a
and texting my mum.
alice
5 Oct 2023 at 10:40
cars
i'm very sorry about yesterday and i know i crossed a line when i was angry, it isn't right to do no matter how mad i am and im sorry i went that far
5 Oct 2023 at 13:02
Thankyou for apologising about that, it means more than you know. That and a breakfast in bed i think I'm good
Im sorry I even started it
i feel terrible
i'm cleaning everything and moving into the garage
i just want the move done
no more calls
just me and you and minkey in the house
iMessage
alices document
unblurred texts

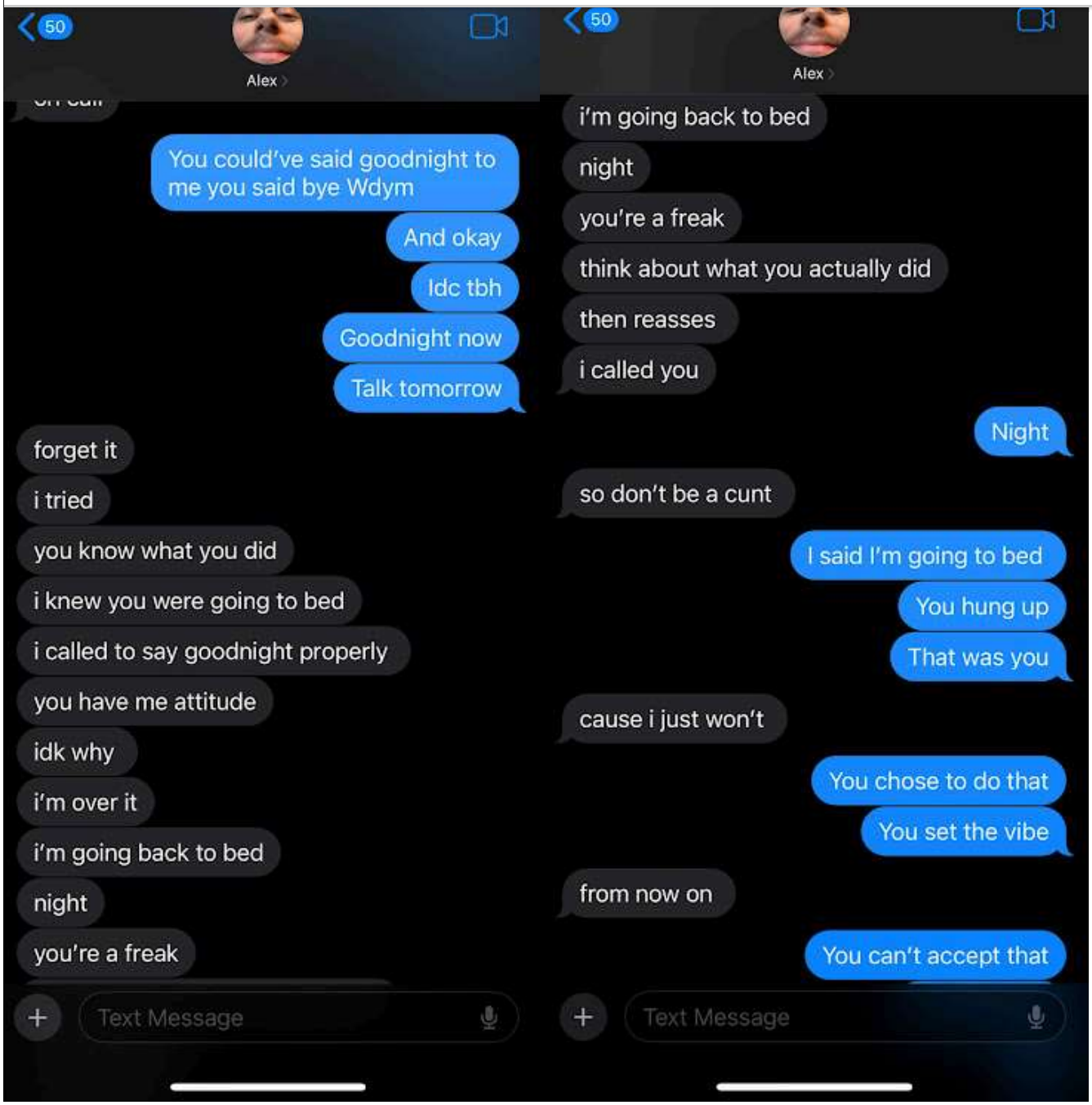
He does not add any context to this conversation because he would then be proving himself wrong.
This was over me answering the phone with a low tone of voice saying im going to bed, he got angry over this, so yes i feel like i started it and i apologise.
I'm going to now post the whole conversation, and you can judge what went on here.

# Response - Read First



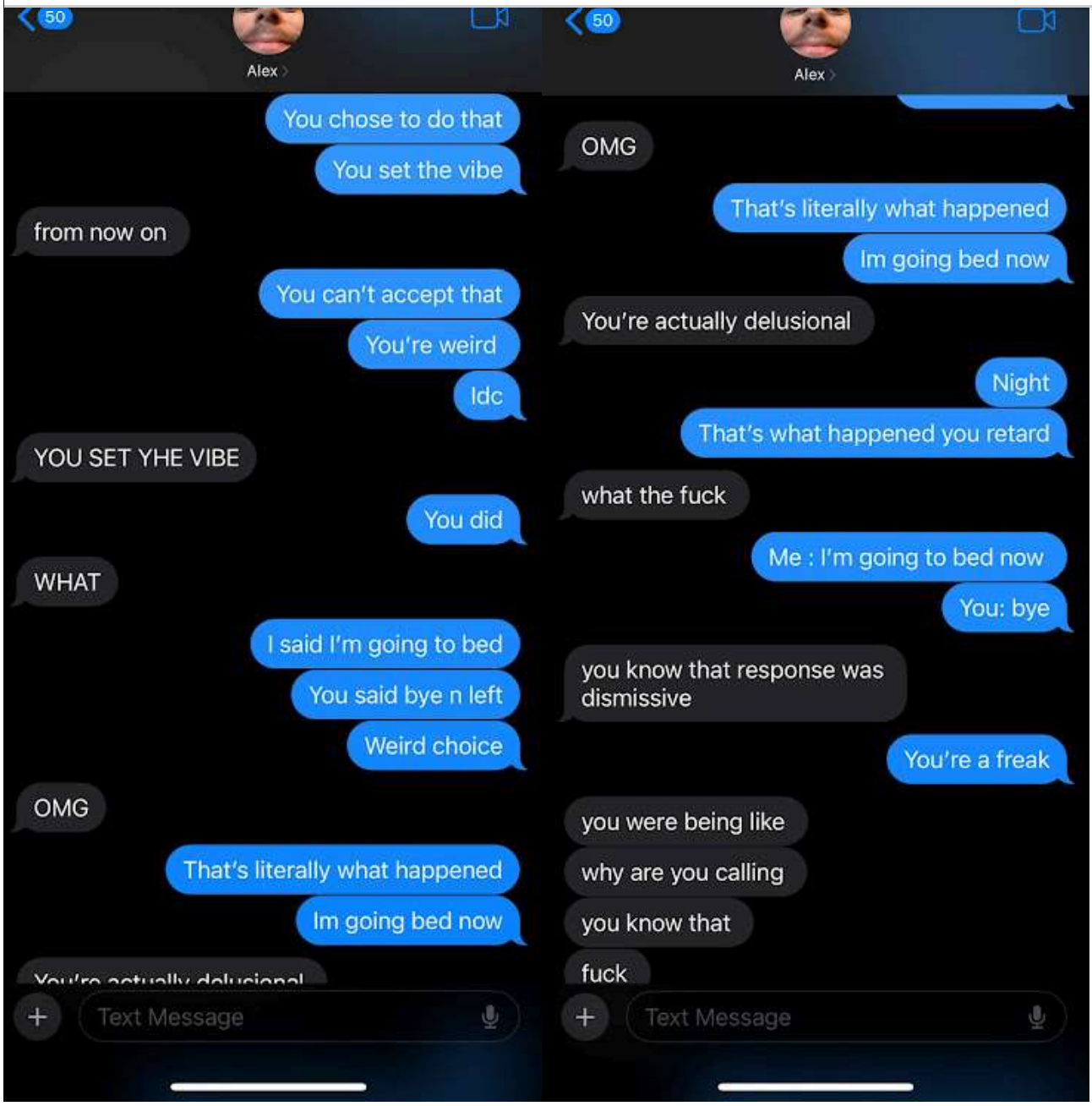

After I said I'm sleeping now, Alex called me. I answered and told him I'm going to bed now, goodnight and he esponded with “bye” and hung up.

# Response - Read First

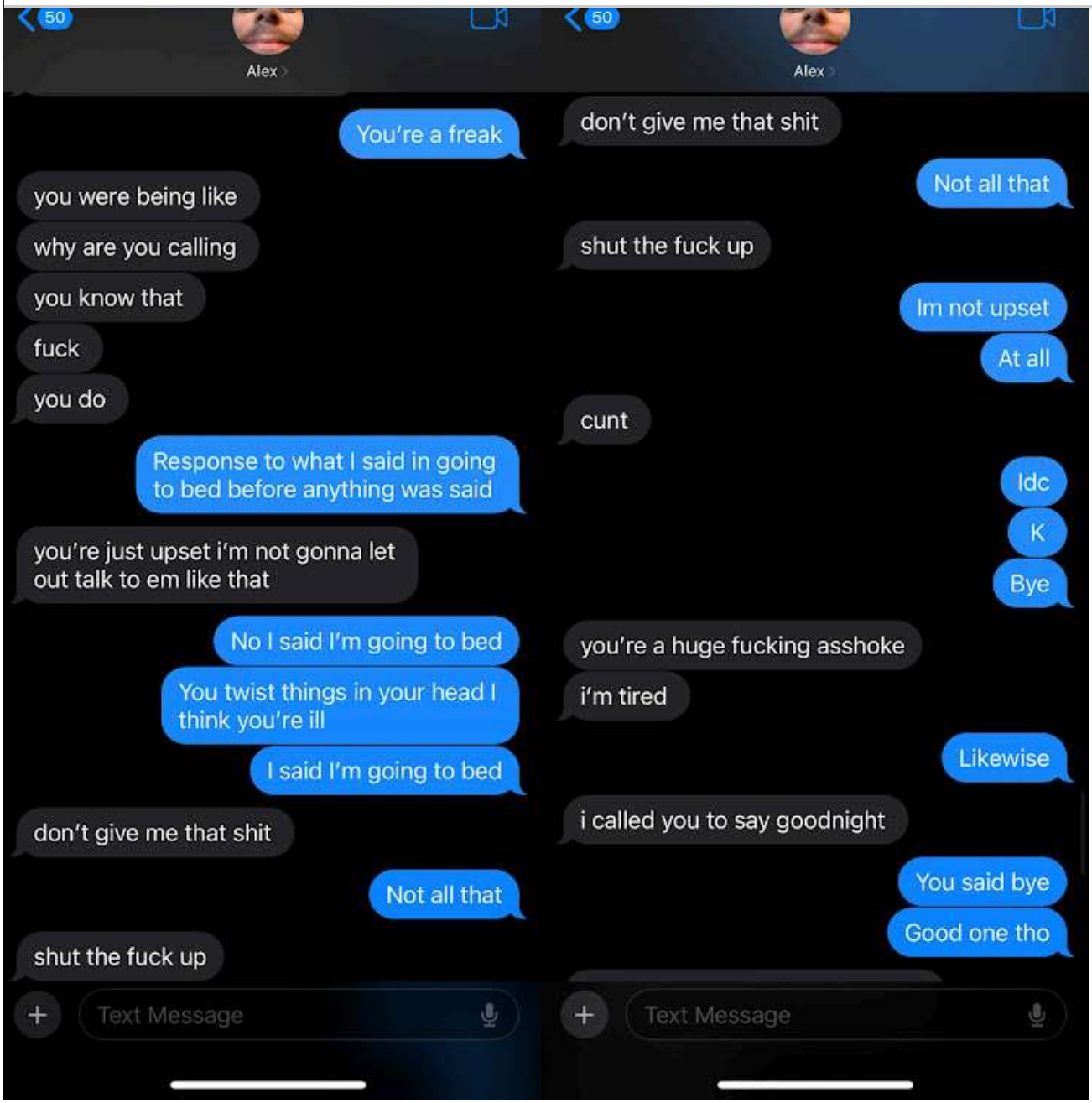



Again starts to insult me calling me a freak, so i give back the exact same energy. started to mirror Alex's behaviour.

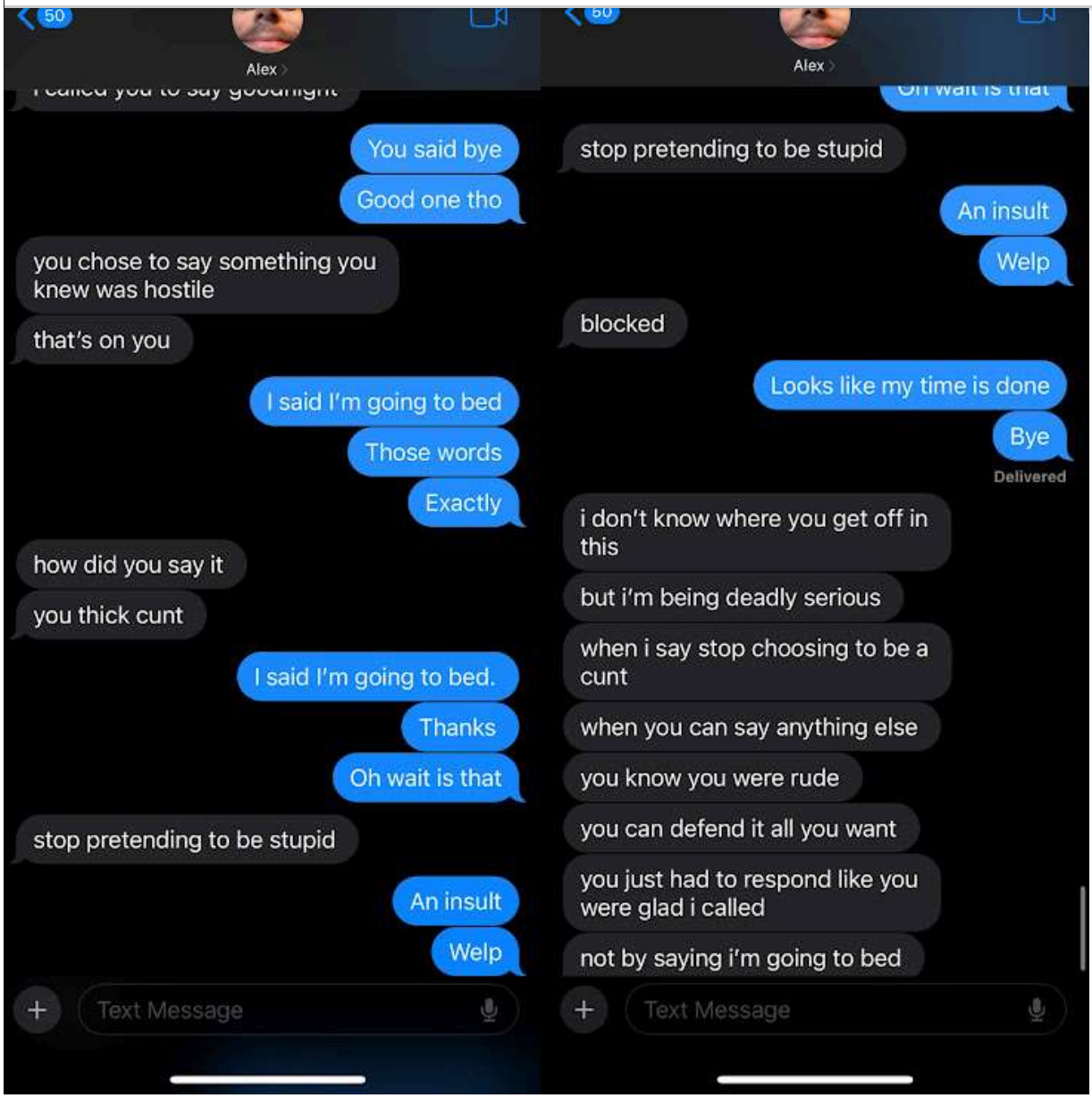
# Response - Read First



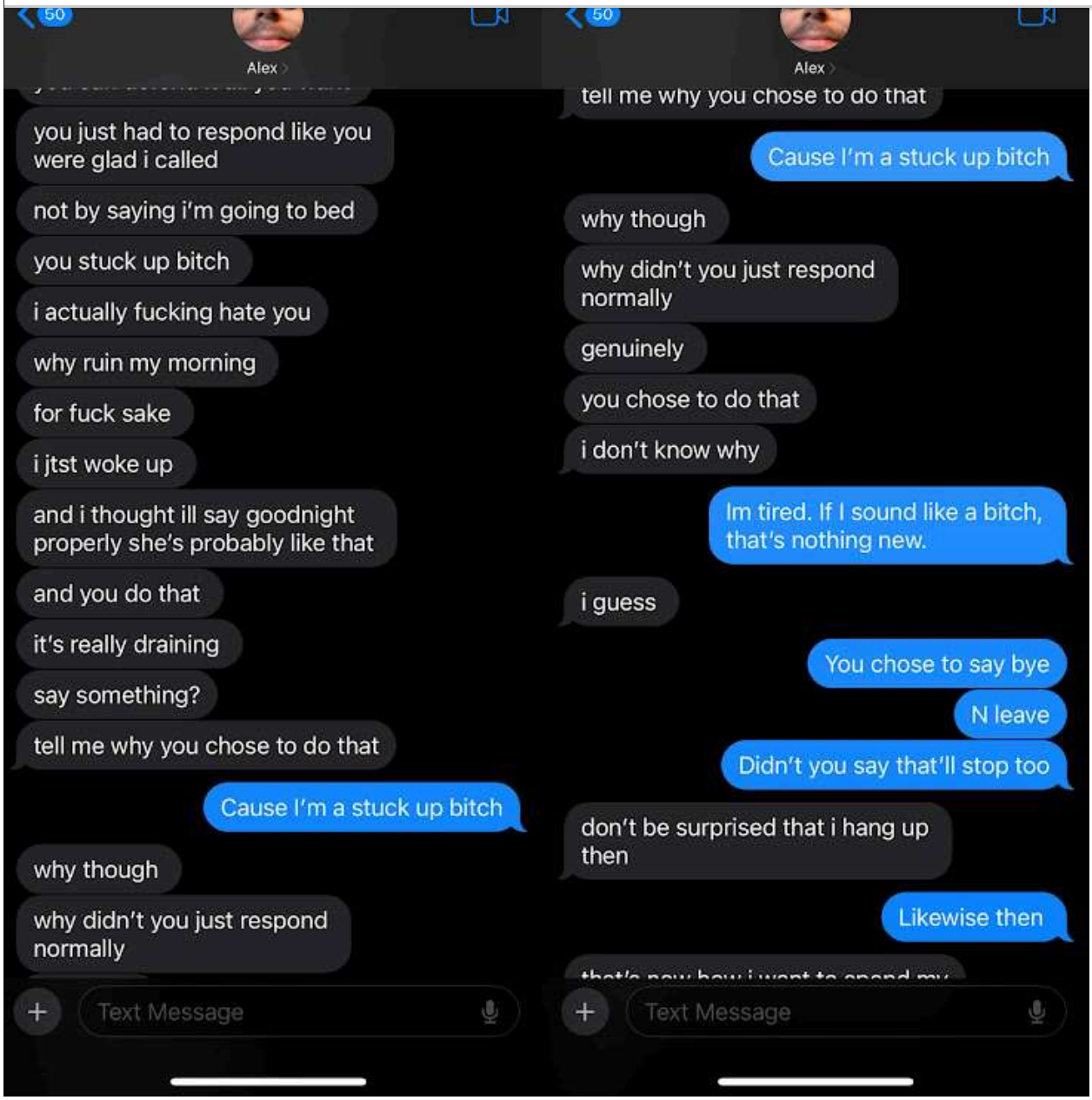
# Response - Read First



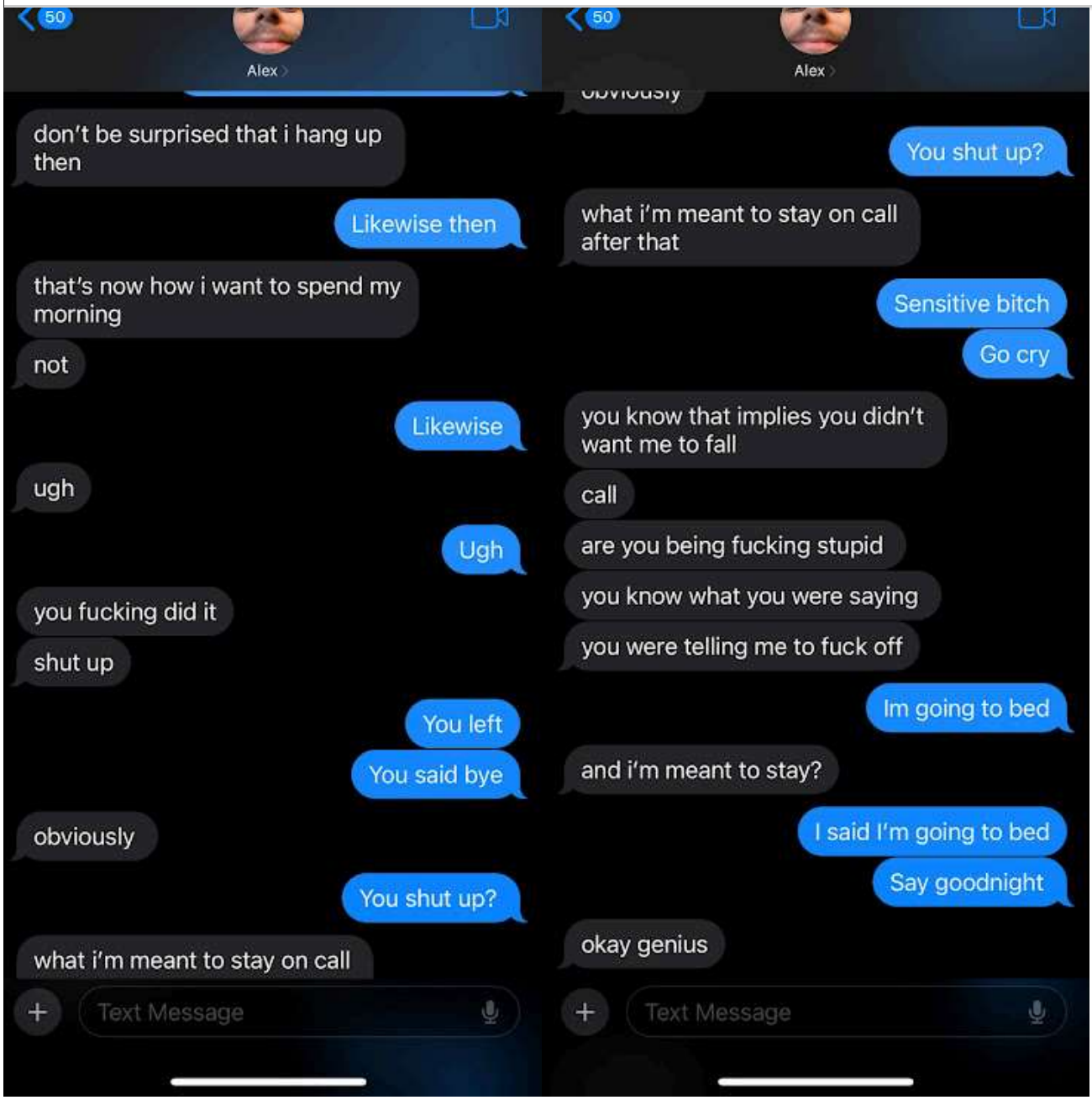
# Response - Read First



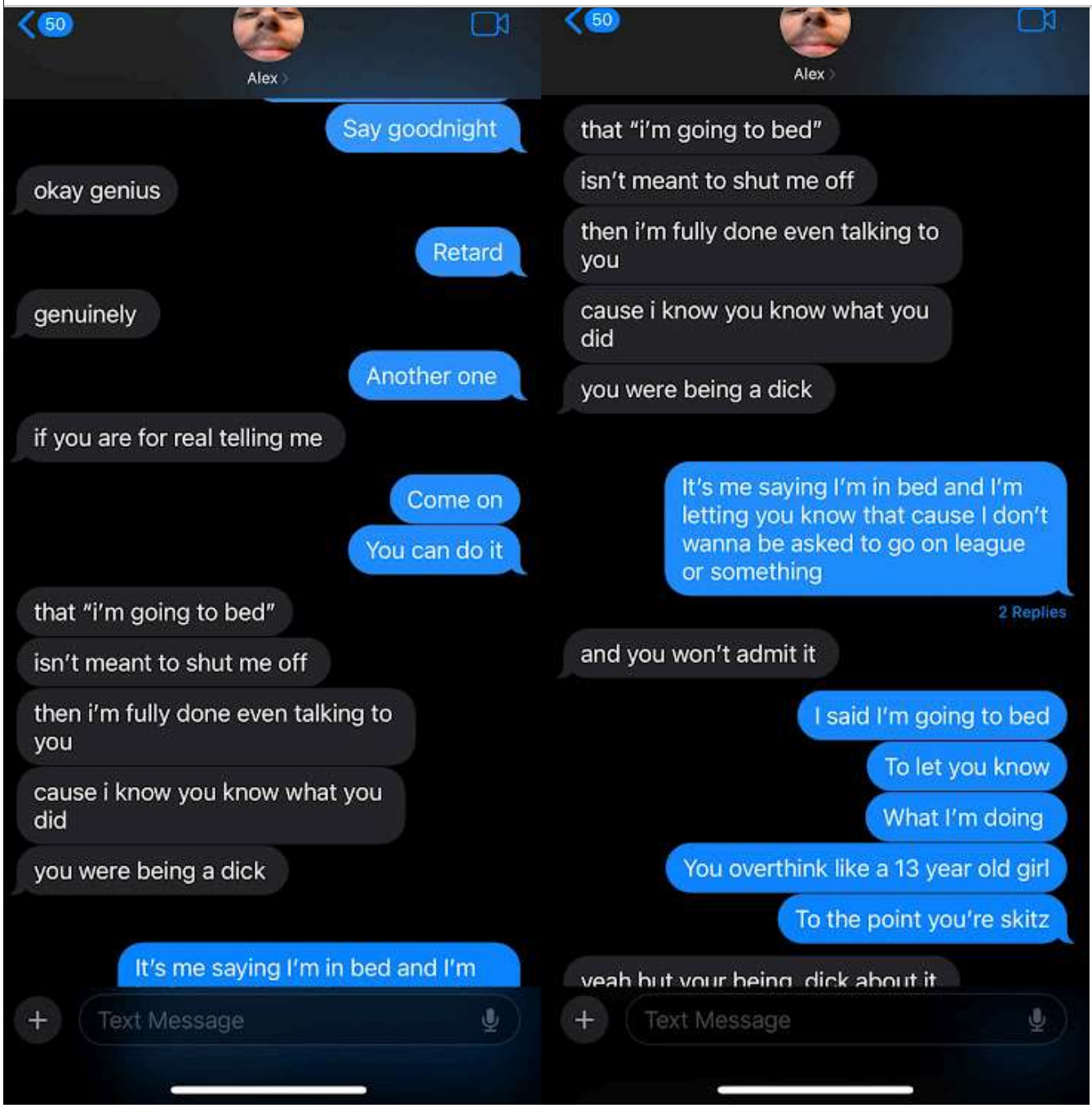
# Response - Read First


50
Alex
you just had to respond like you were glad i called
not by saying i'm going to bed
you stuck up bitch
i actually fucking hate you
why ruin my morning
for fuck sake
i jtst woke up
and i thought ill say goodnight properly she's probably like that
and you do that
it's really draining
say something?
tell me why you chose to do that
Cause I'm a stuck up bitch
why though
why didn't you just respond normally
Text Message
50
Alex
tell me why you chose to do that
Cause I'm a stuck up bitch
why though
why didn't you just respond normally
genuinely
you chose to do that
i don't know why
Im tired. If I sound like a bitch, that's nothing new.
i guess
You chose to say bye
N leave
Didn't you say that'll stop too
don't be surprised that i hang up then
Likewise then
Text Message

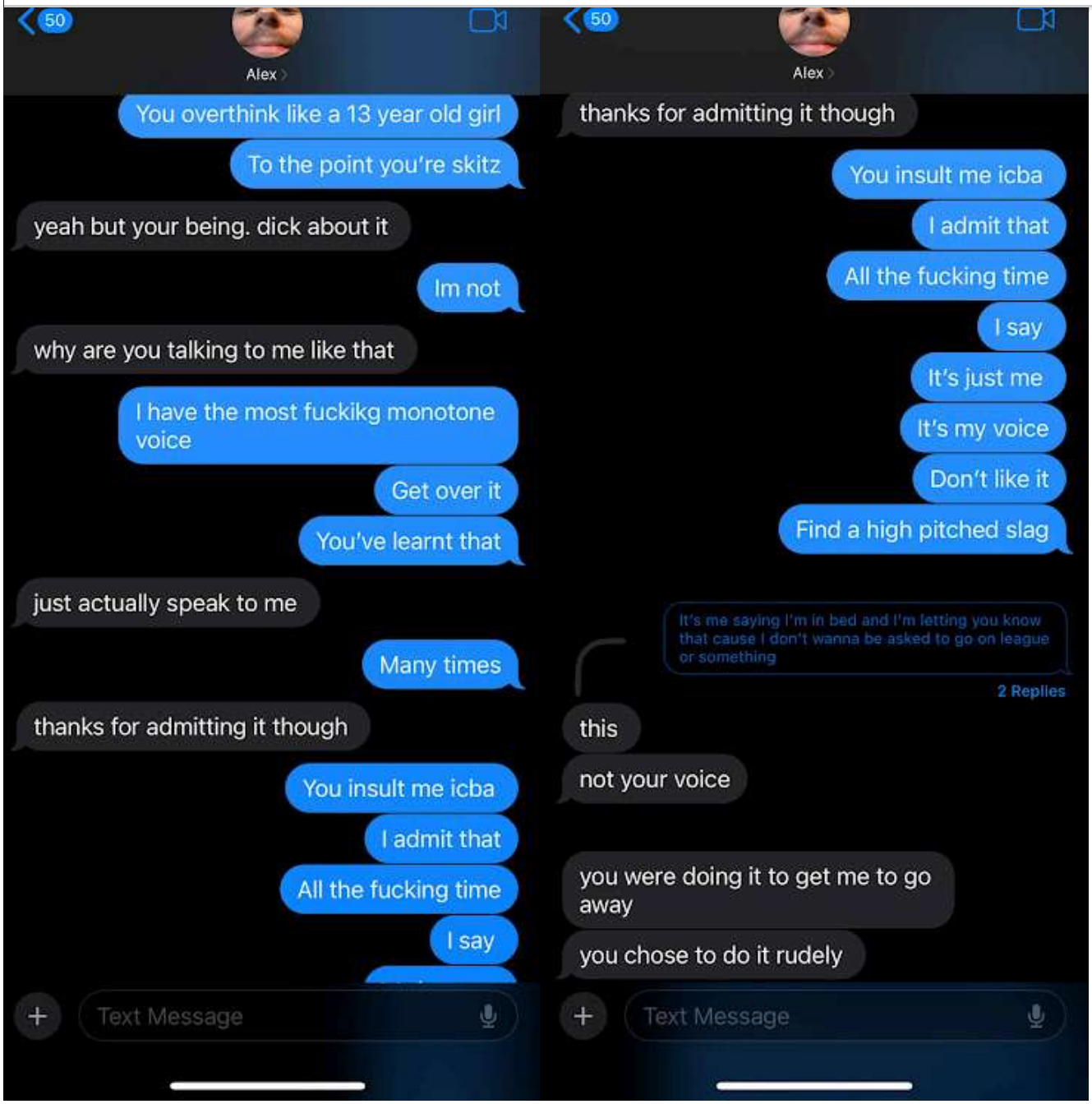
# Response - Read First



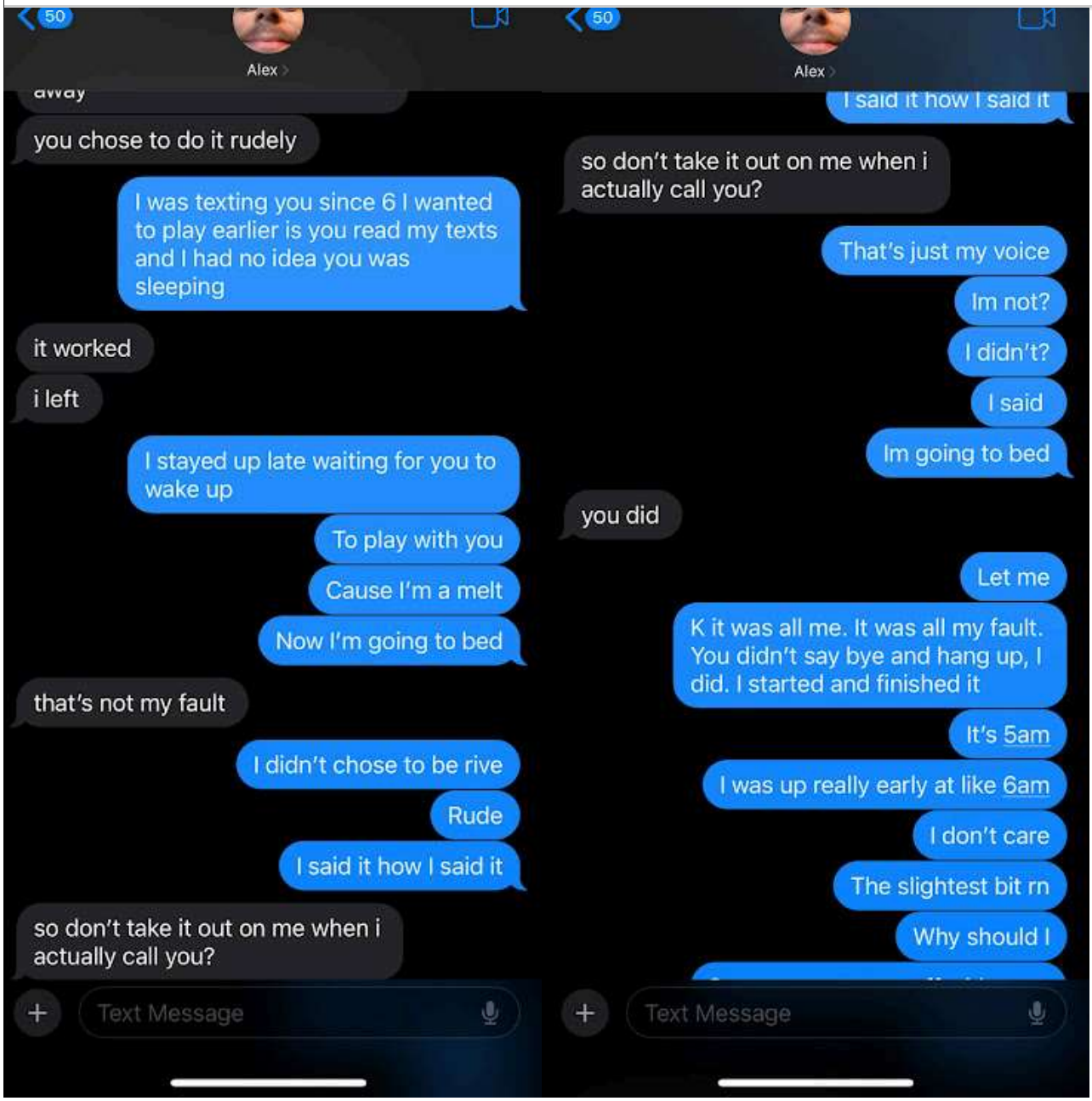
# Response - Read First


50
Alex
Say goodnight
okay genius
Retard
genuinely
Another one
if you are for real telling me
Come on
You can do it
that "i'm going to bed"
isn't meant to shut me off
then i'm fully done even talking to you
cause i know you know what you did
you were being a dick
It's me saying I'm in bed and I'm
Text Message
50
Alex
that "i'm going to bed"
isn't meant to shut me off
then i'm fully done even talking to you
cause i know you know what you did
you were being a dick
It's me saying I'm in bed and I'm letting you know that cause I don't wanna be asked to go on league or something
2 Replies
and you won't admit it
I said I'm going to bed
To let you know
What I'm doing
You overthink like a 13 year old girl
To the point you're skitz
Text Message

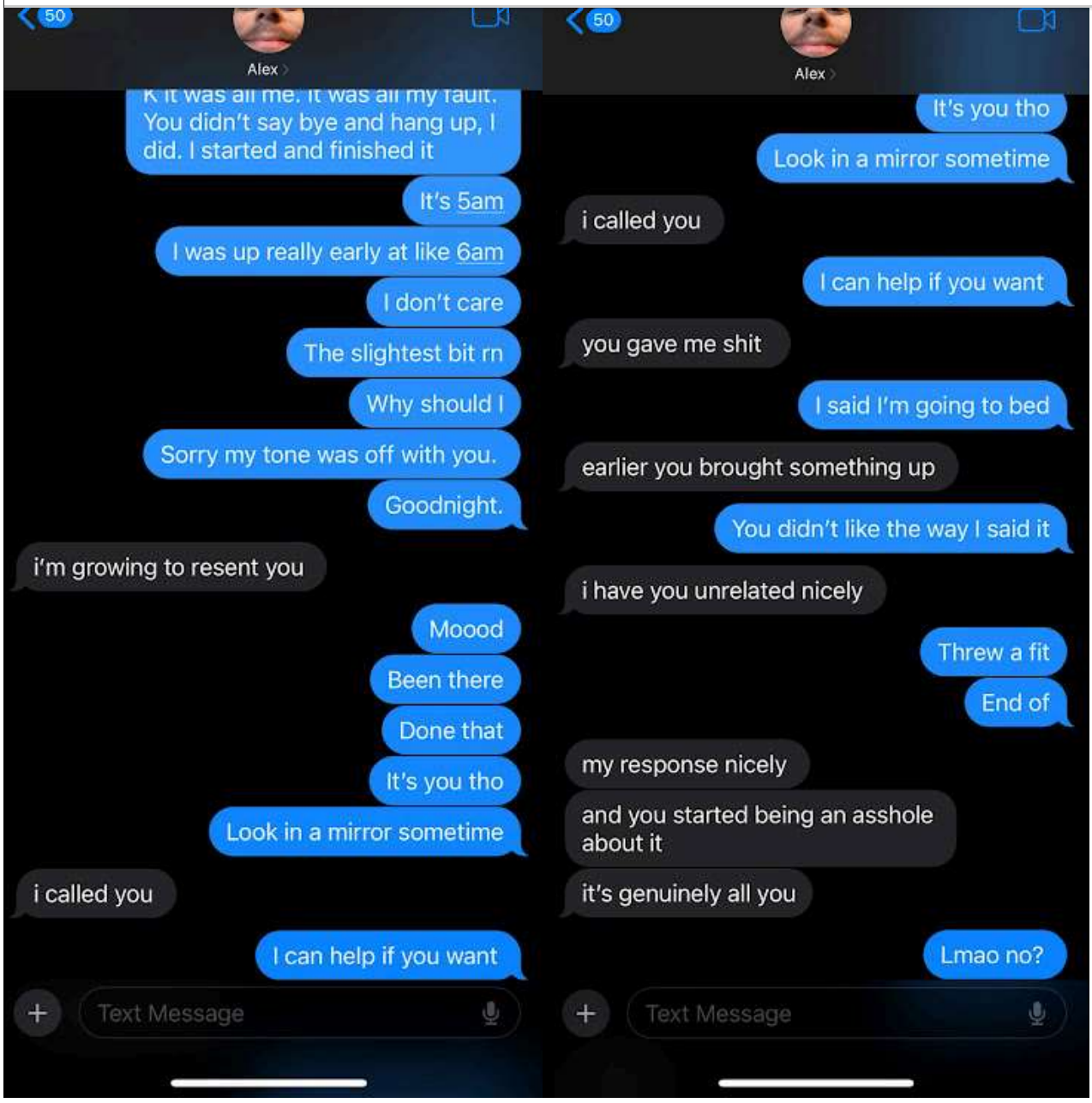
# Response - Read First


50
Alex
You overthink like a 13 year old girl
To the point you're skitz
yeah but your being. dick about it
Im not
why are you talking to me like that
I have the most fuckikg monotone voice
Get over it
You've learnt that
just actually speak to me
Many times
thanks for admitting it though
You insult me icba
I admit that
All the fucking time
I say
Text Message
50
Alex
thanks for admitting it though
You insult me icba
I admit that
All the fucking time
I say
It's just me
It's my voice
Don't like it
Find a high pitched slag
It's me saying I'm in bed and I'm letting you know that cause I don't wanna be asked to go on league or something
2 Replies
this
not your voice
you were doing it to get me to go away
you chose to do it rudely
Text Message

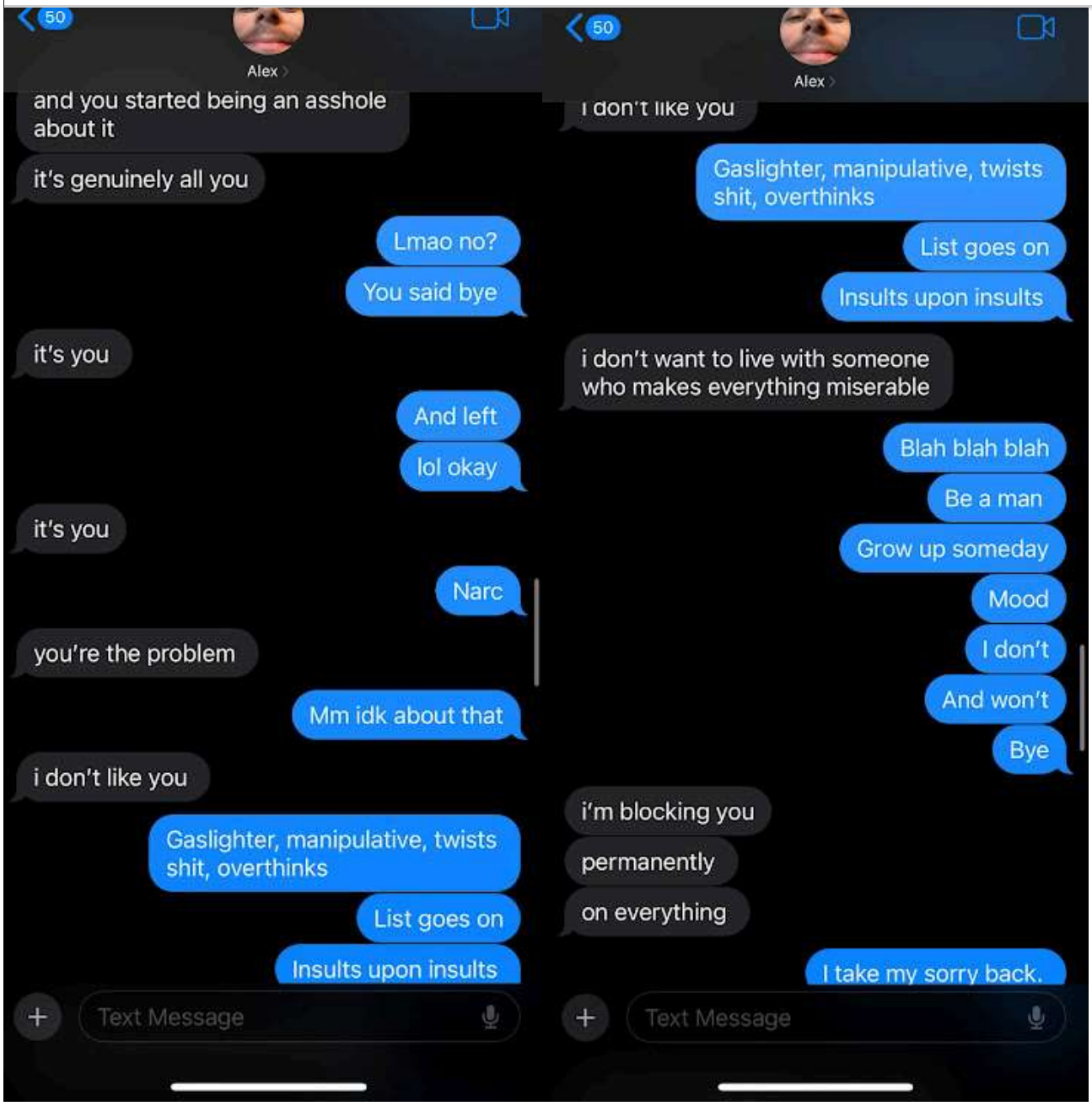
# Response - Read First


50
Alex
you chose to do it rudely
I was texting you since 6 I wanted to play earlier is you read my texts and I had no idea you was sleeping
it worked
i left
I stayed up late waiting for you to wake up
To play with you
Cause I'm a melt
Now I'm going to bed
that's not my fault
I didn't chose to be rive
Rude
I said it how I said it
so don't take it out on me when i actually call you?
Text Message
50
Alex
I said it how I said it
so don't take it out on me when i actually call you?
That's just my voice
Im not?
I didn't?
I said
Im going to bed
you did
Let me
K it was all me. It was all my fault. You didn't say bye and hang up, I did. I started and finished it
It's 5am
I was up really early at like 6am
I don't care
The slightest bit rn
Why should I
Text Message

# Response - Read First


50
Alex
K it was all me. It was all my fault. You didn't say bye and hang up, I did. I started and finished it
It's 5am
I was up really early at like 6am
I don't care
The slightest bit rn
Why should I
Sorry my tone was off with you.
Goodnight.
i'm growing to resent you
Moood
Been there
Done that
It's you tho
Look in a mirror sometime
i called you
I can help if you want
Text Message
50
Alex
It's you tho
Look in a mirror sometime
i called you
I can help if you want
you gave me shit
I said I'm going to bed
earlier you brought something up
You didn't like the way I said it
i have you unrelated nicely
Threw a fit
End of
my response nicely
and you started being an asshole about it
it's genuinely all you
Lmao no?
Text Message

# Response - Read First



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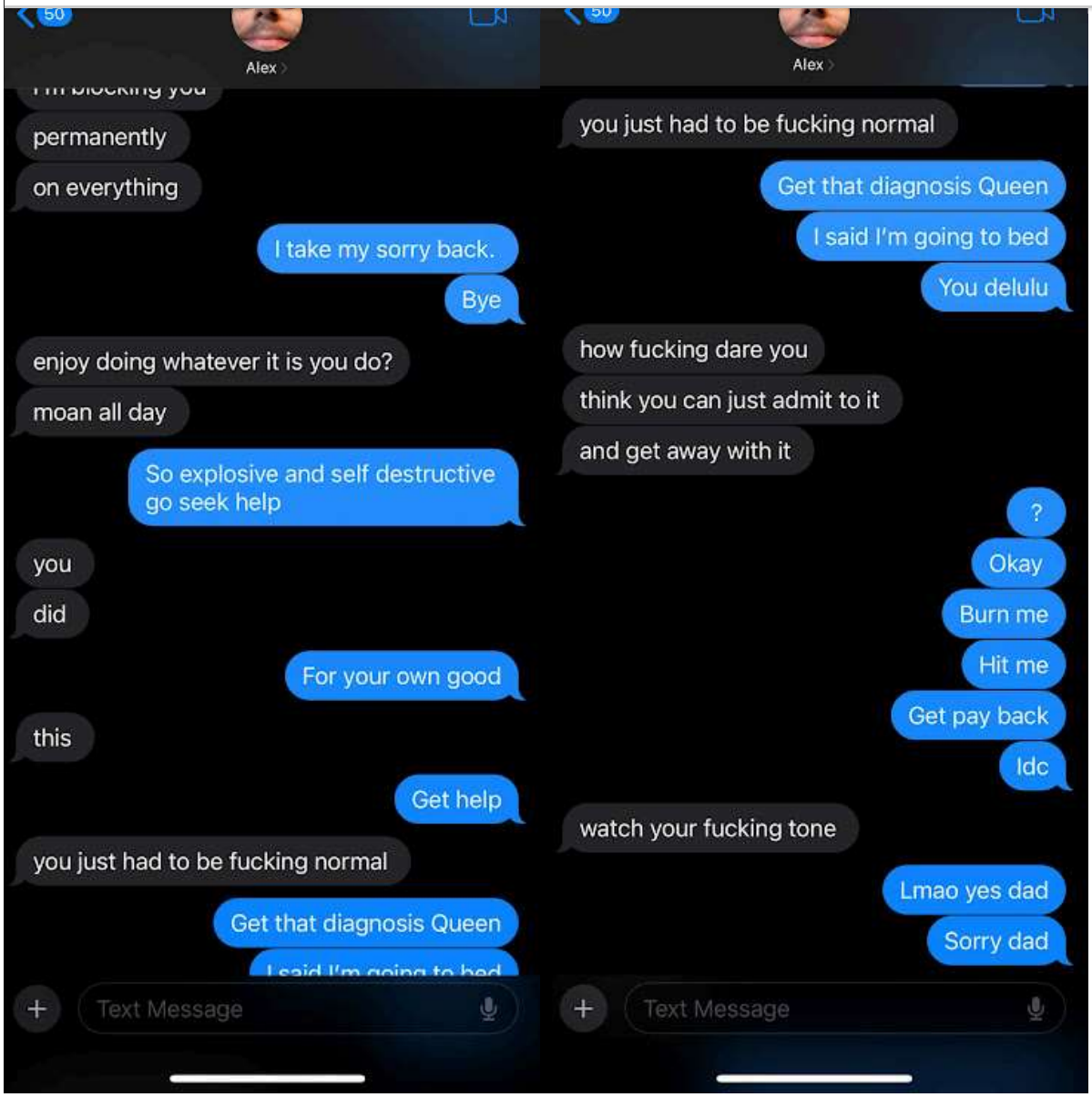

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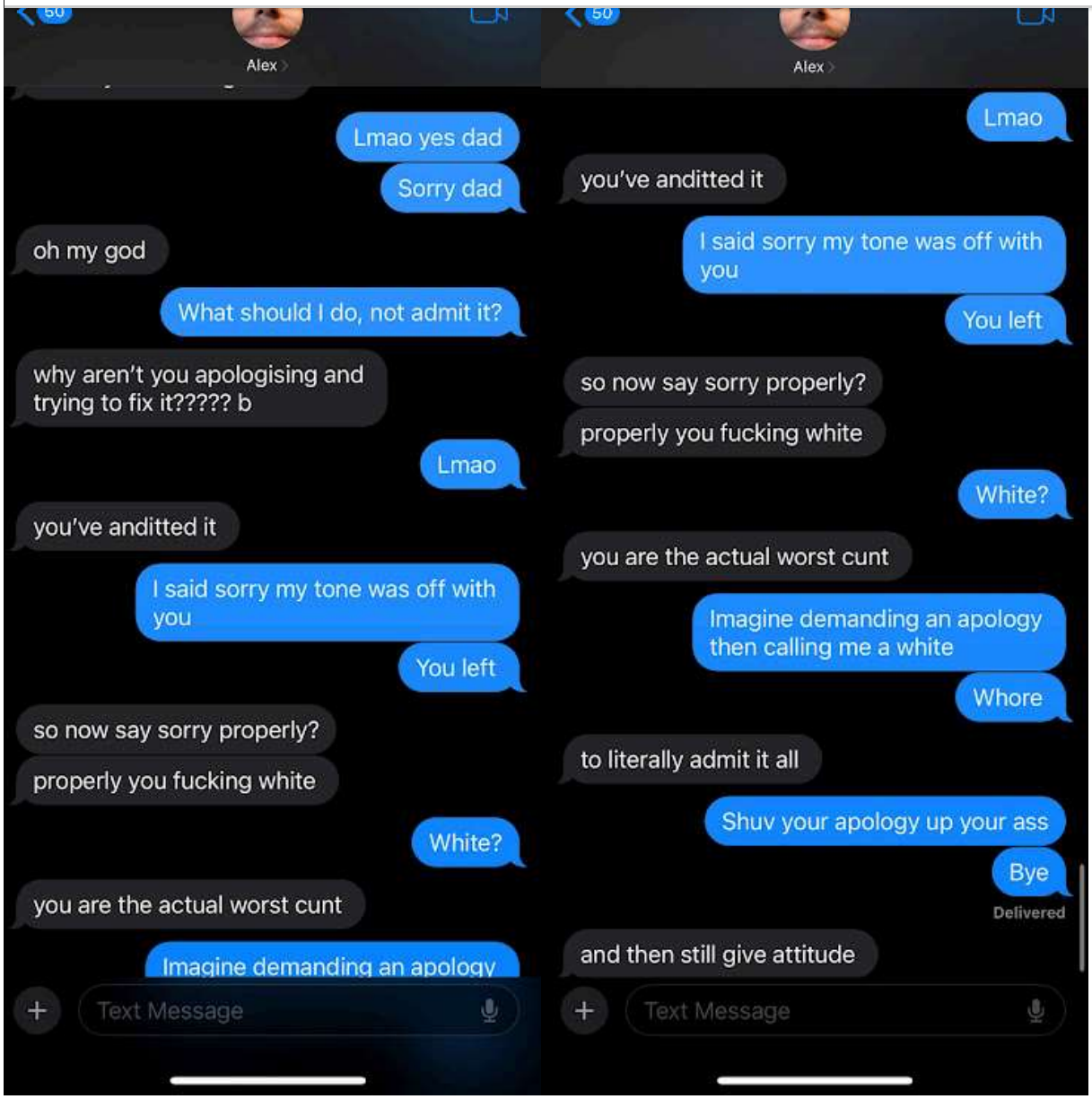

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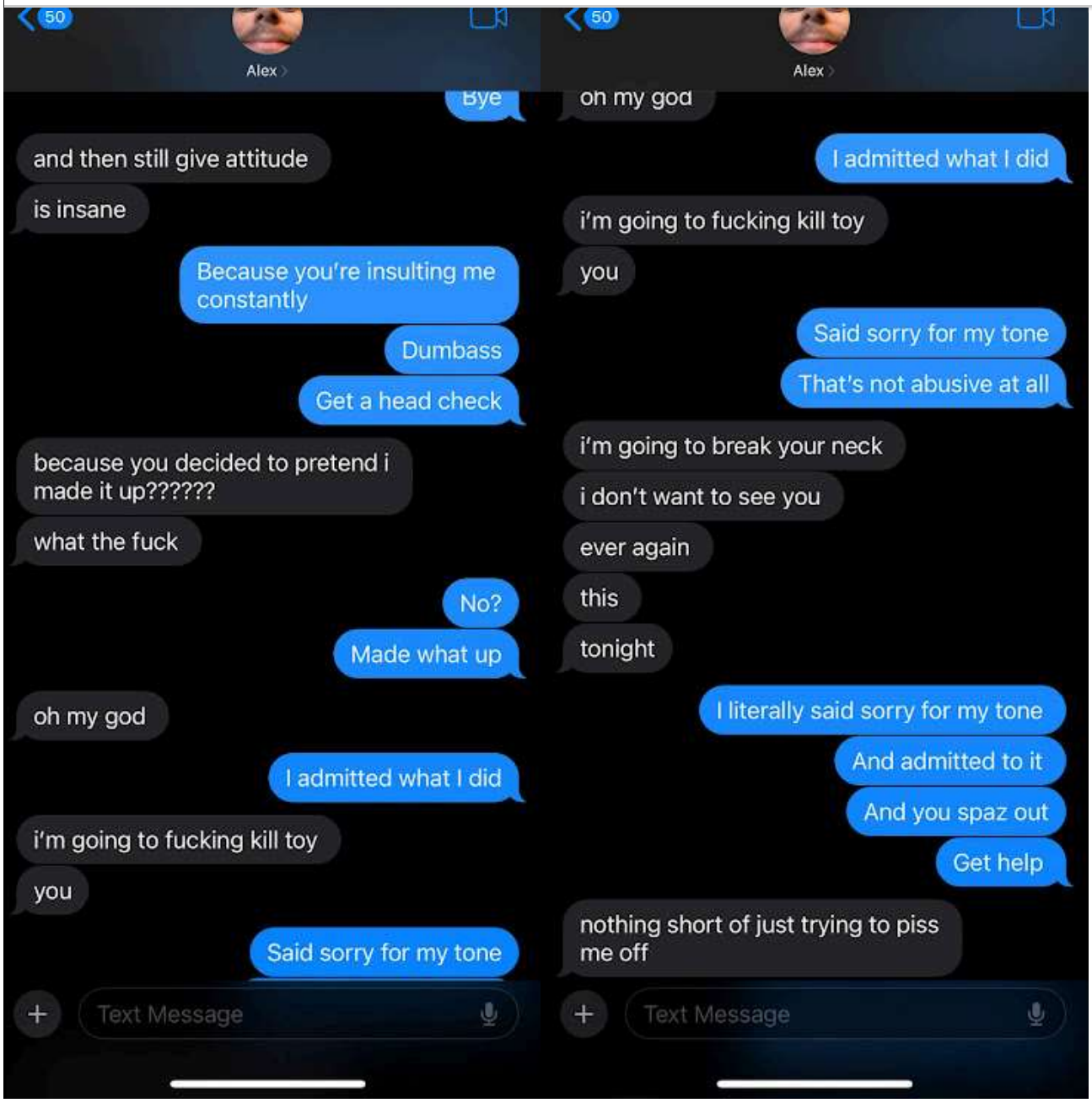

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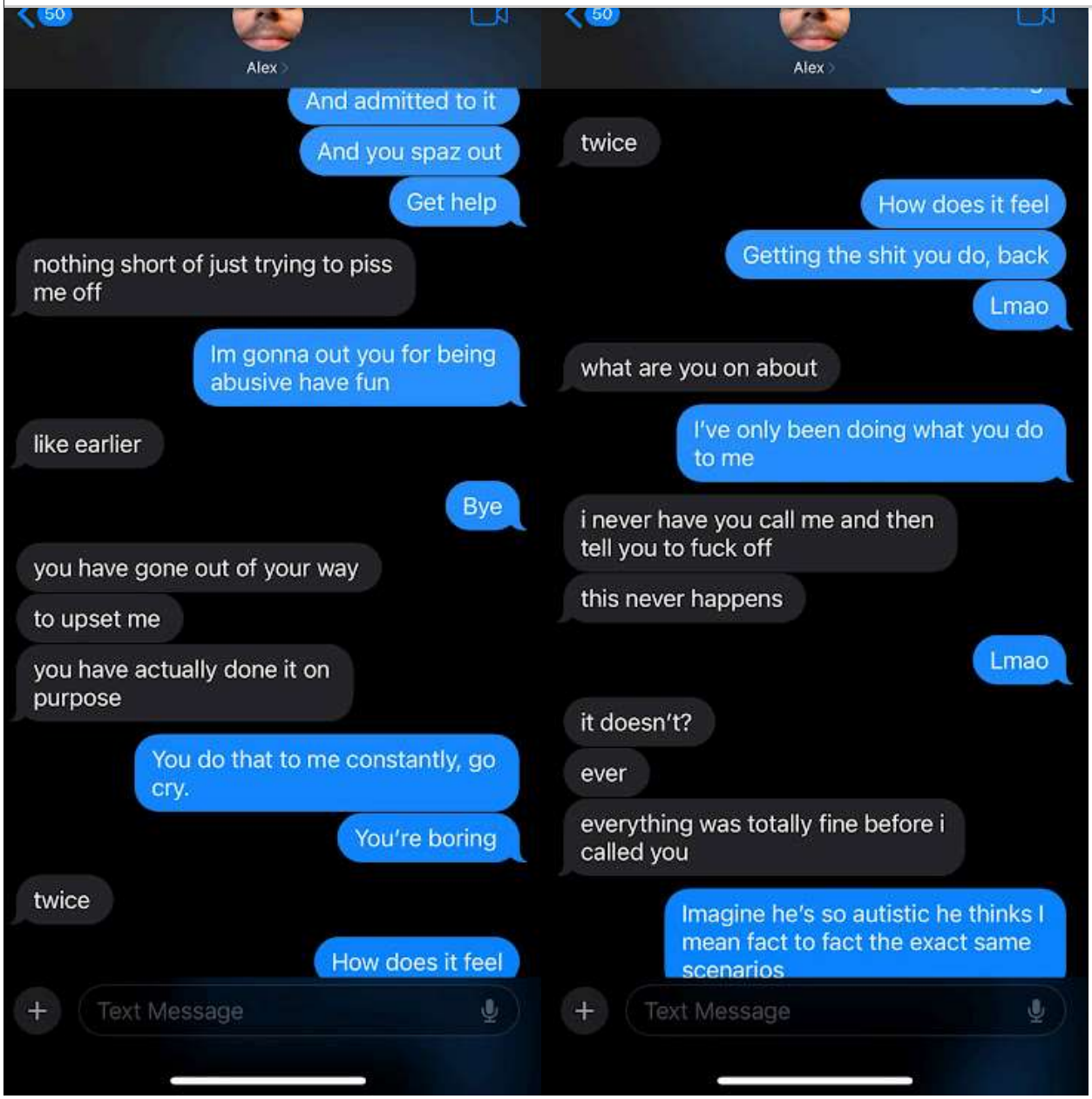
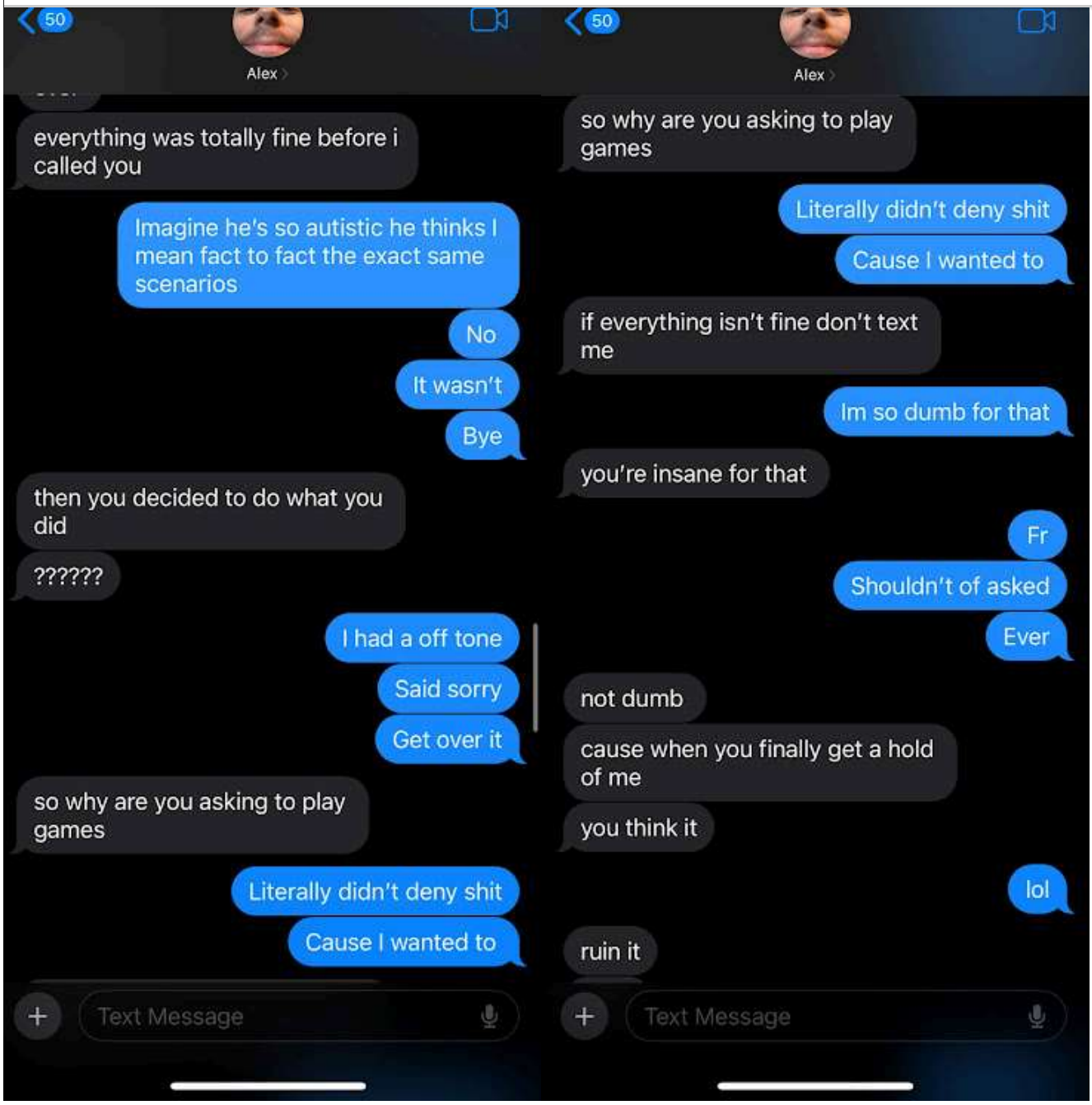

50
Alex
And admitted to it
And you spaz out
Get help
nothing short of just trying to piss me off
Im gonna out you for being abusive have fun
like earlier
Bye
you have gone out of your way
to upset me
you have actually done it on purpose
You do that to me constantly, go cry.
You're boring
twice
How does it feel
Text Message
50
Alex
twice
How does it feel
Getting the shit you do, back
Lmao
what are you on about
I've only been doing what you do to me
i never have you call me and then tell you to fuck off
this never happens
Lmao
it doesn't?
ever
everything was totally fine before i called you
Imagine he's so autistic he thinks I mean fact to fact the exact same scenarios
Text Message

# Response - Read First



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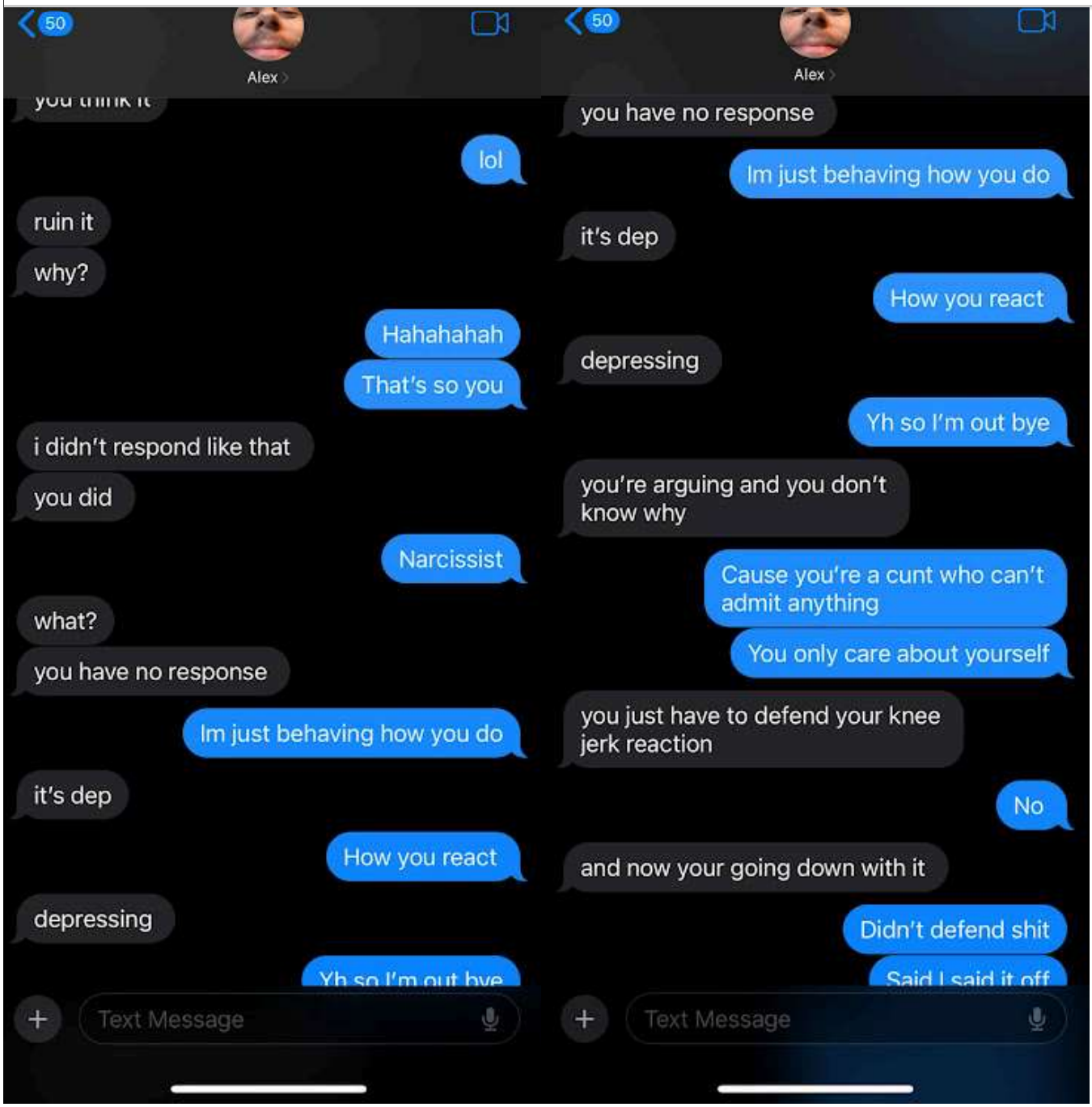

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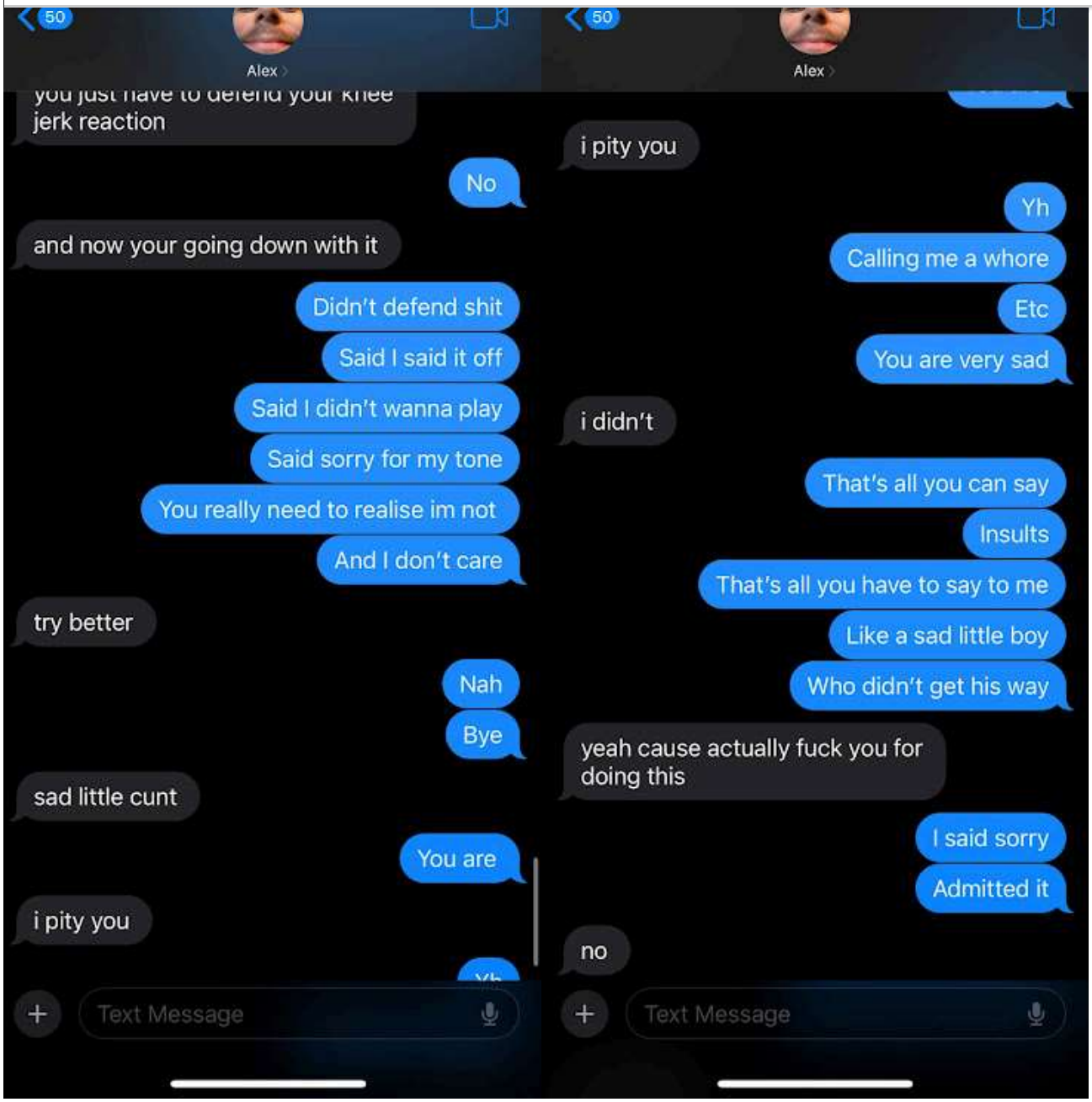
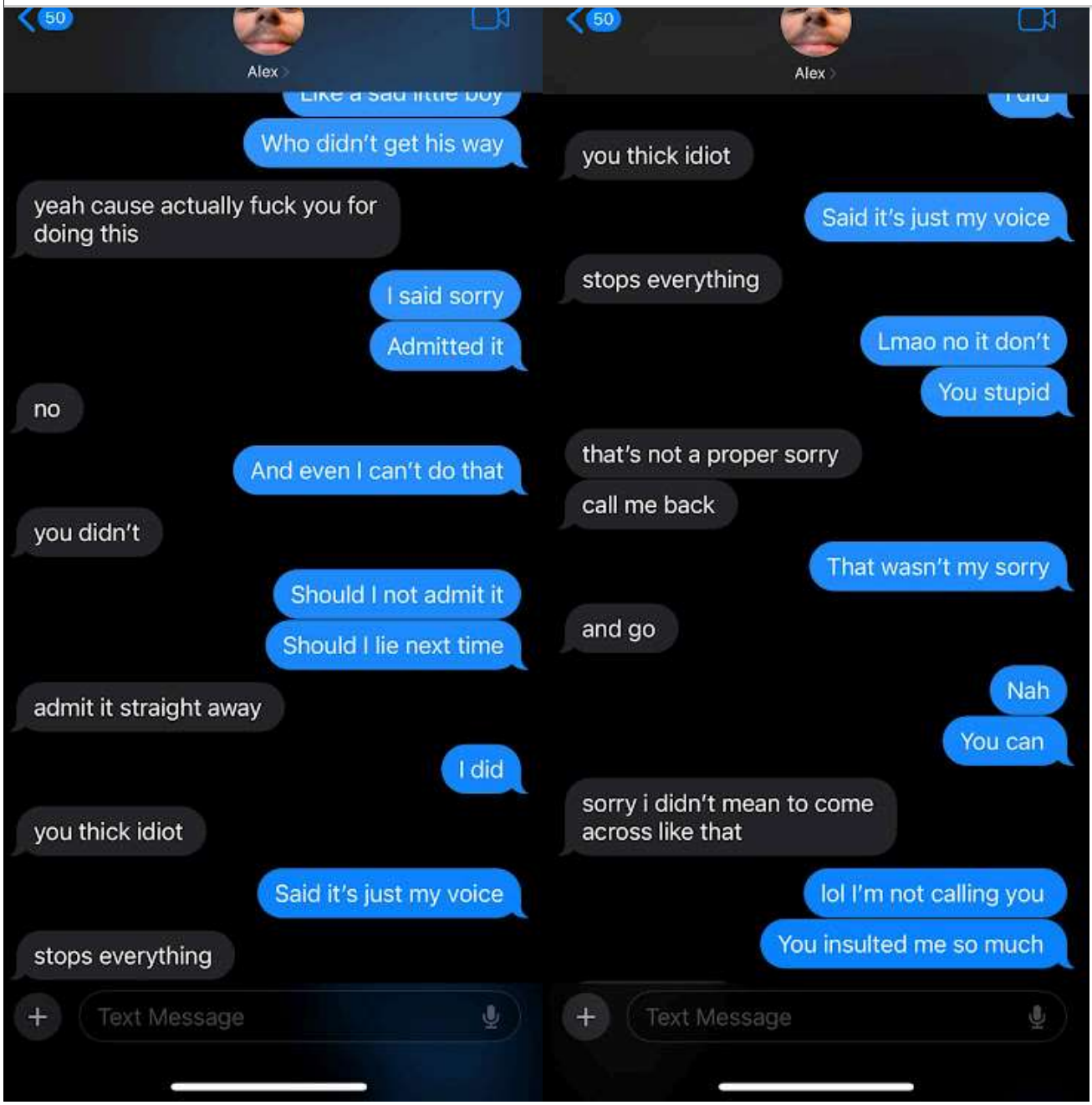
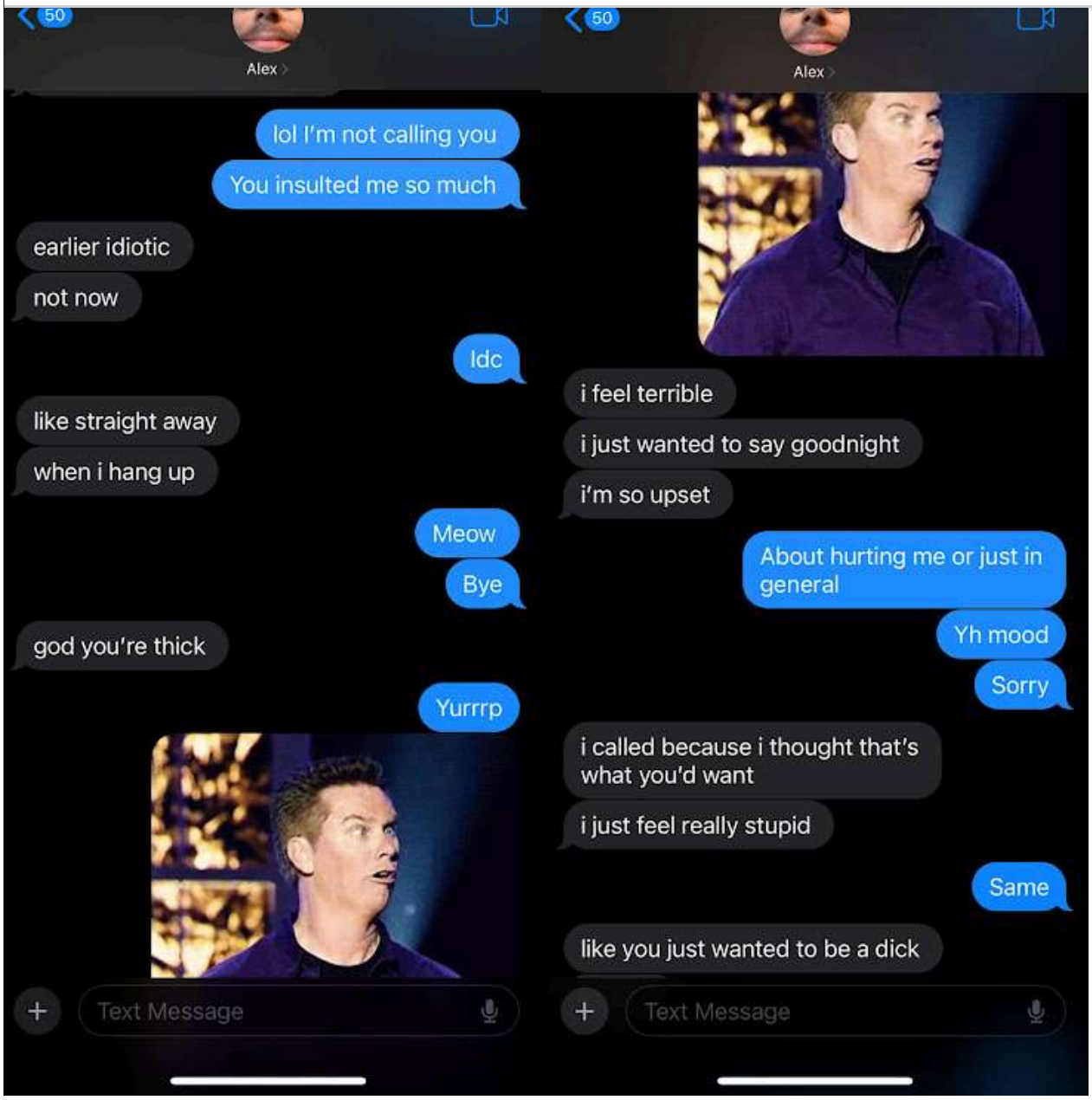


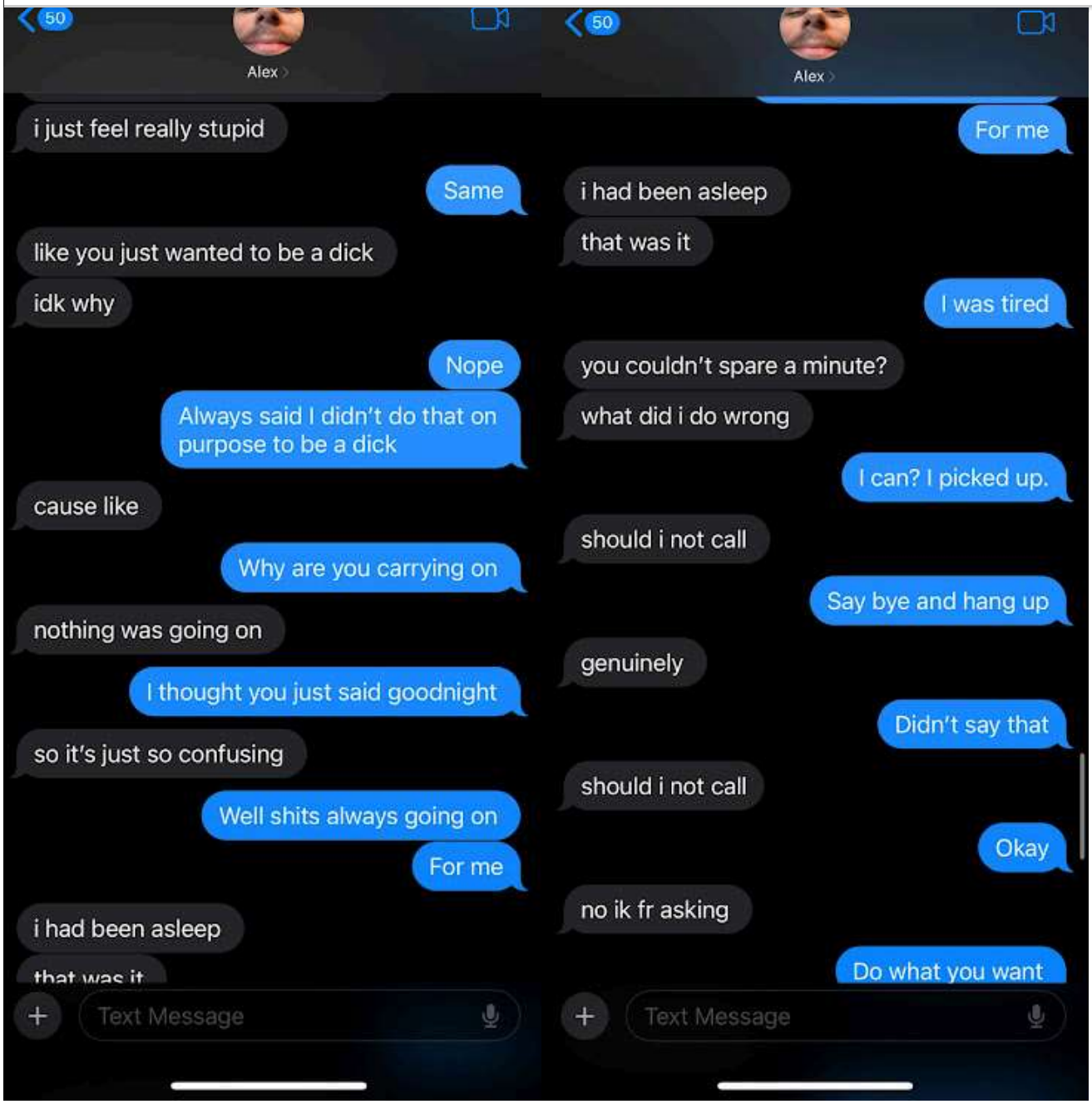
# Response - Read First



# Response - Read First



# Response - Read First



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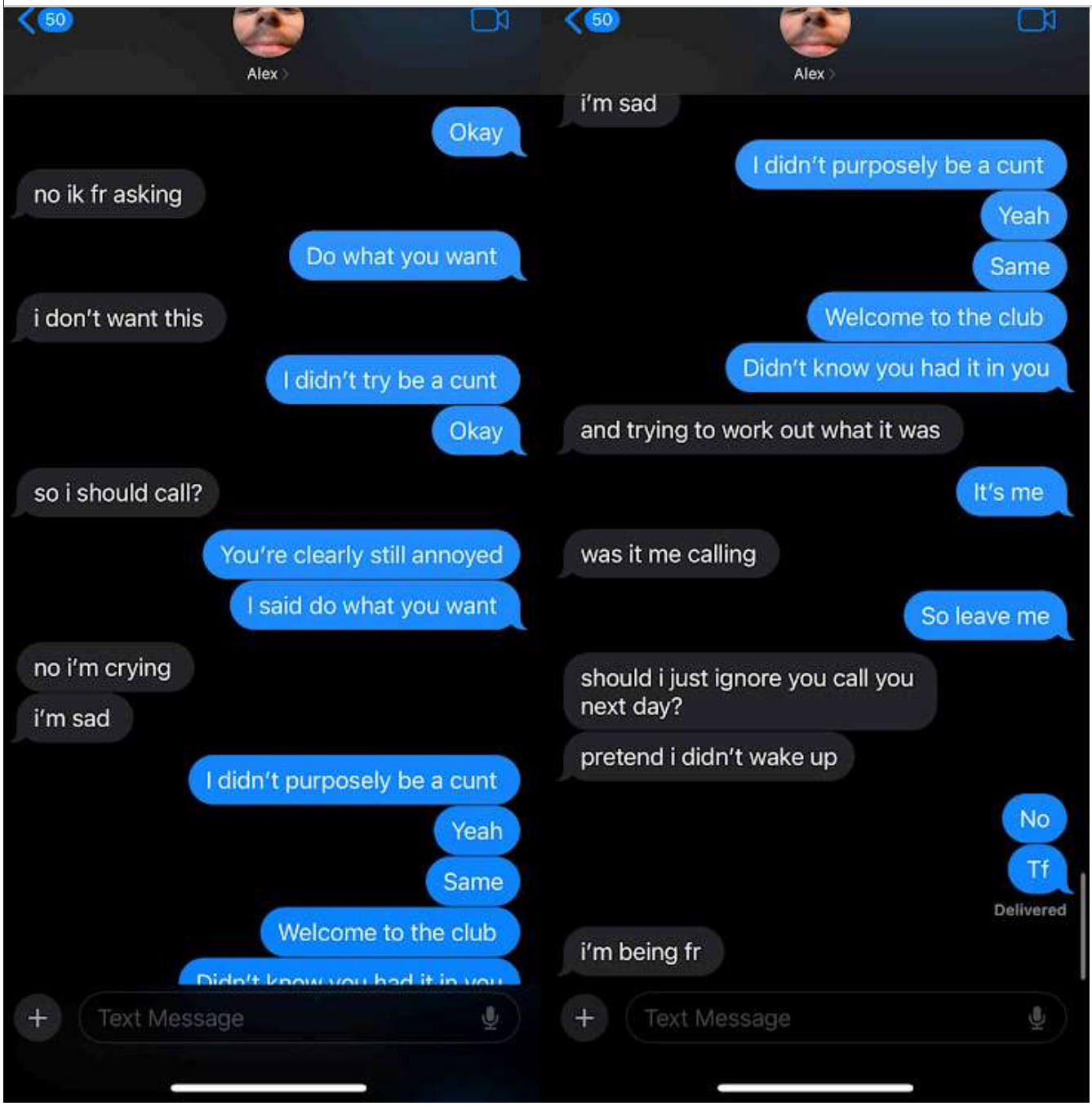

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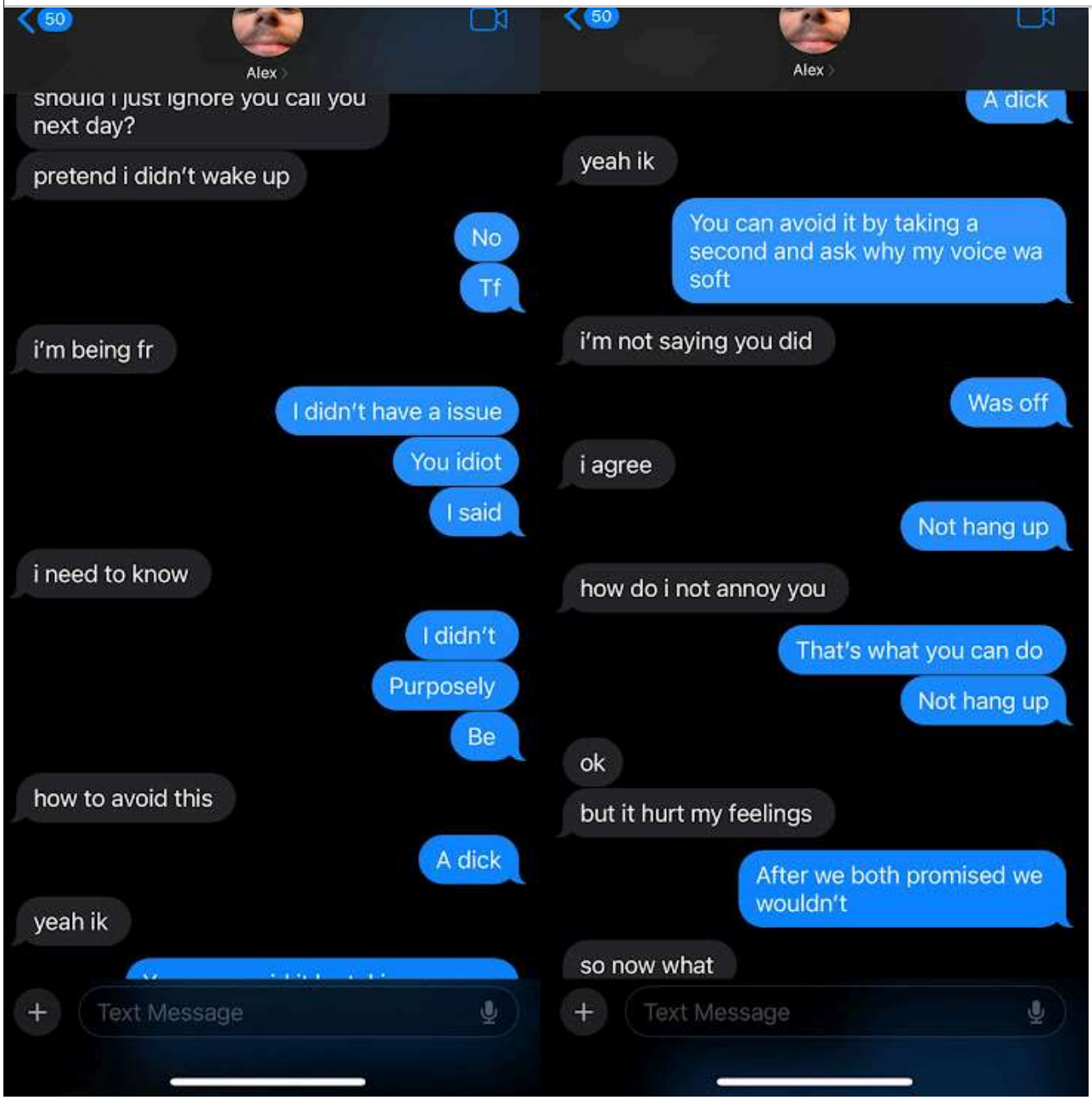
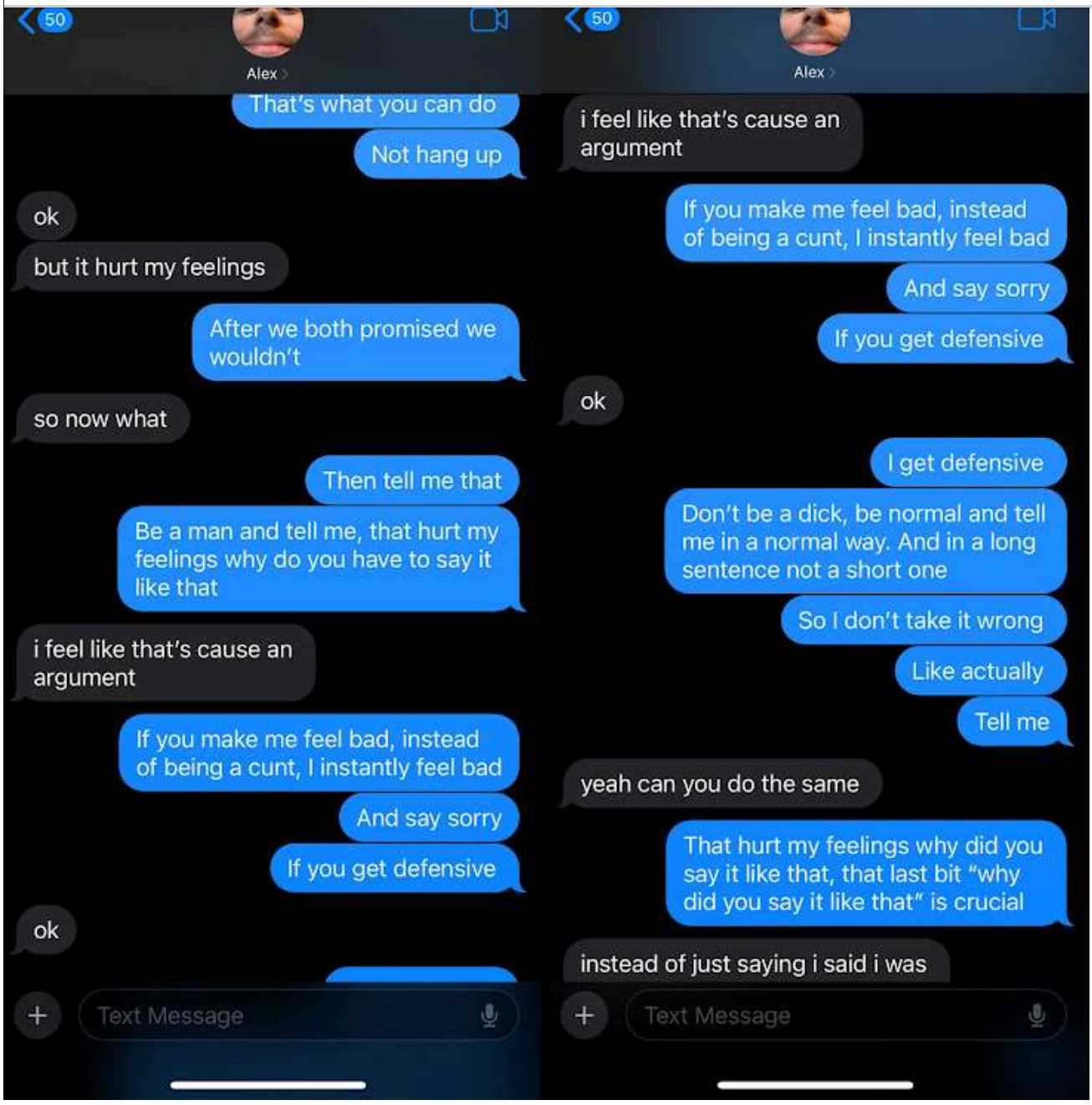
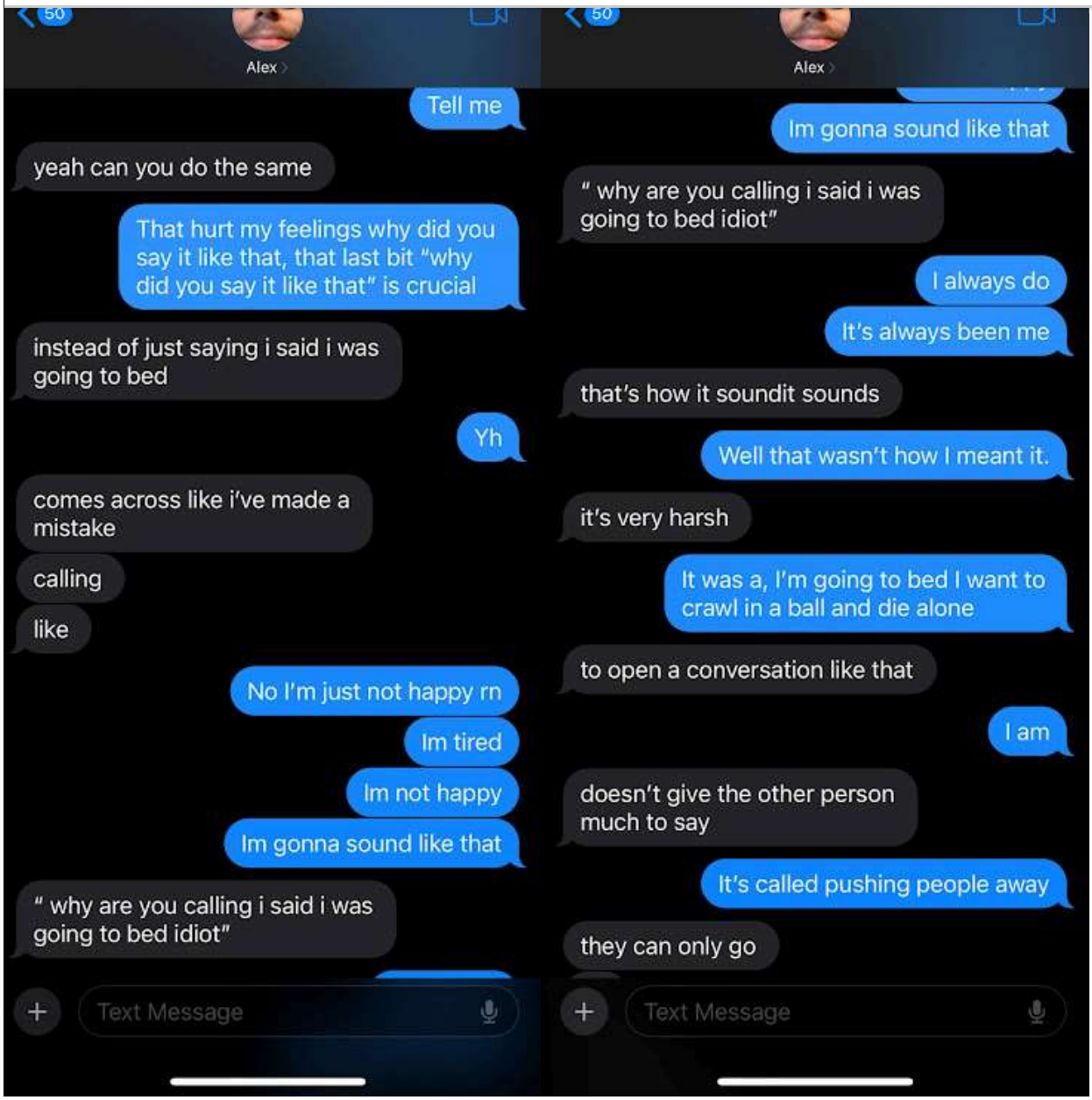


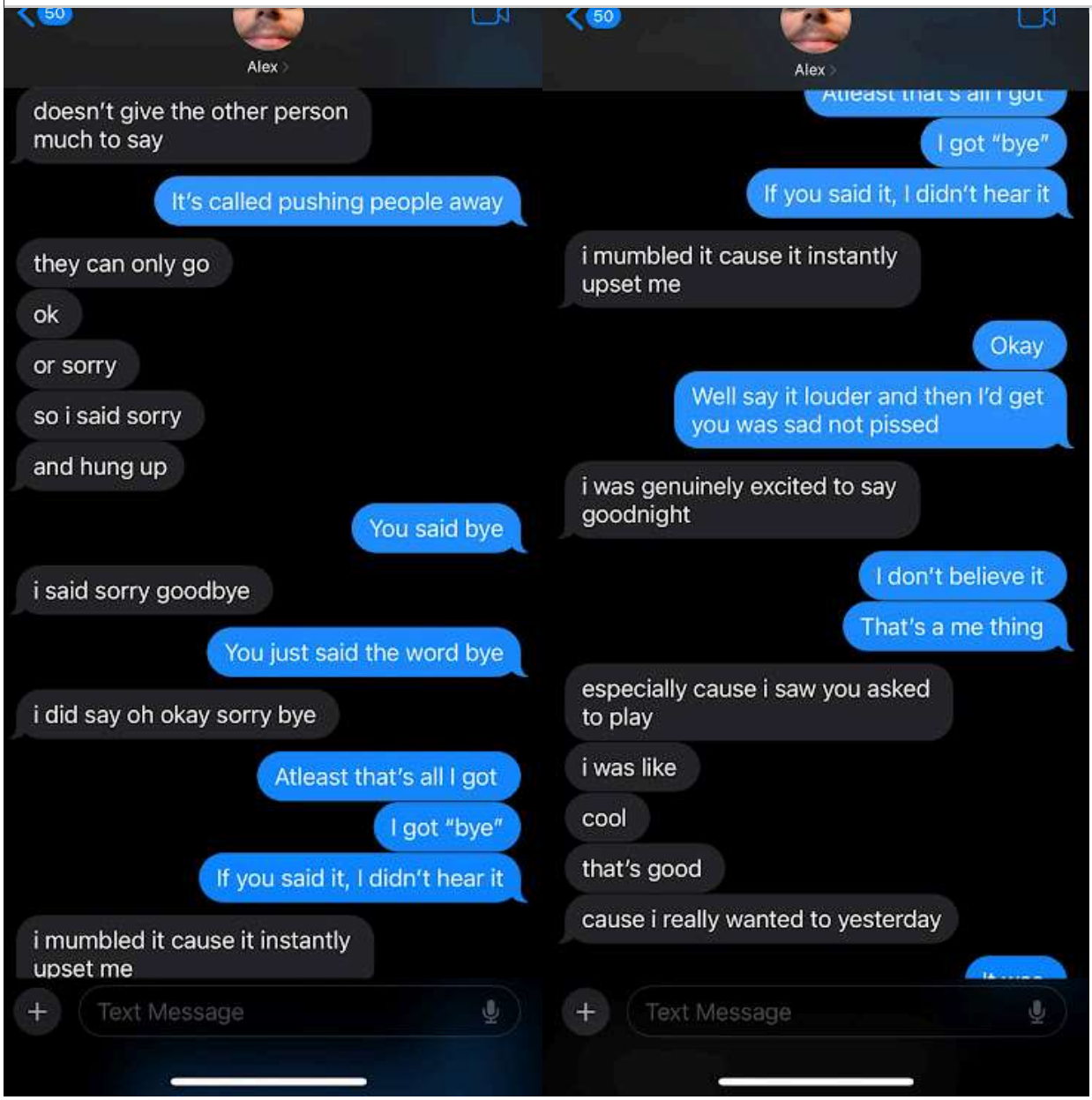
# Response - Read First


50
Alex
That's what you can do
Not hang up
ok
but it hurt my feelings
After we both promised we wouldn't
so now what
Then tell me that
Be a man and tell me, that hurt my feelings why do you have to say it like that
i feel like that's cause an argument
If you make me feel bad, instead of being a cunt, I instantly feel bad
And say sorry
If you get defensive
ok
Text Message
50
Alex
i feel like that's cause an argument
If you make me feel bad, instead of being a cunt, I instantly feel bad
And say sorry
If you get defensive
ok
I get defensive
Don't be a dick, be normal and tell me in a normal way. And in a long sentence not a short one
So I don't take it wrong
Like actually
Tell me
yeah can you do the same
That hurt my feelings why did you say it like that, that last bit "why did you say it like that" is crucial
instead of just saying i said i was
Text Message

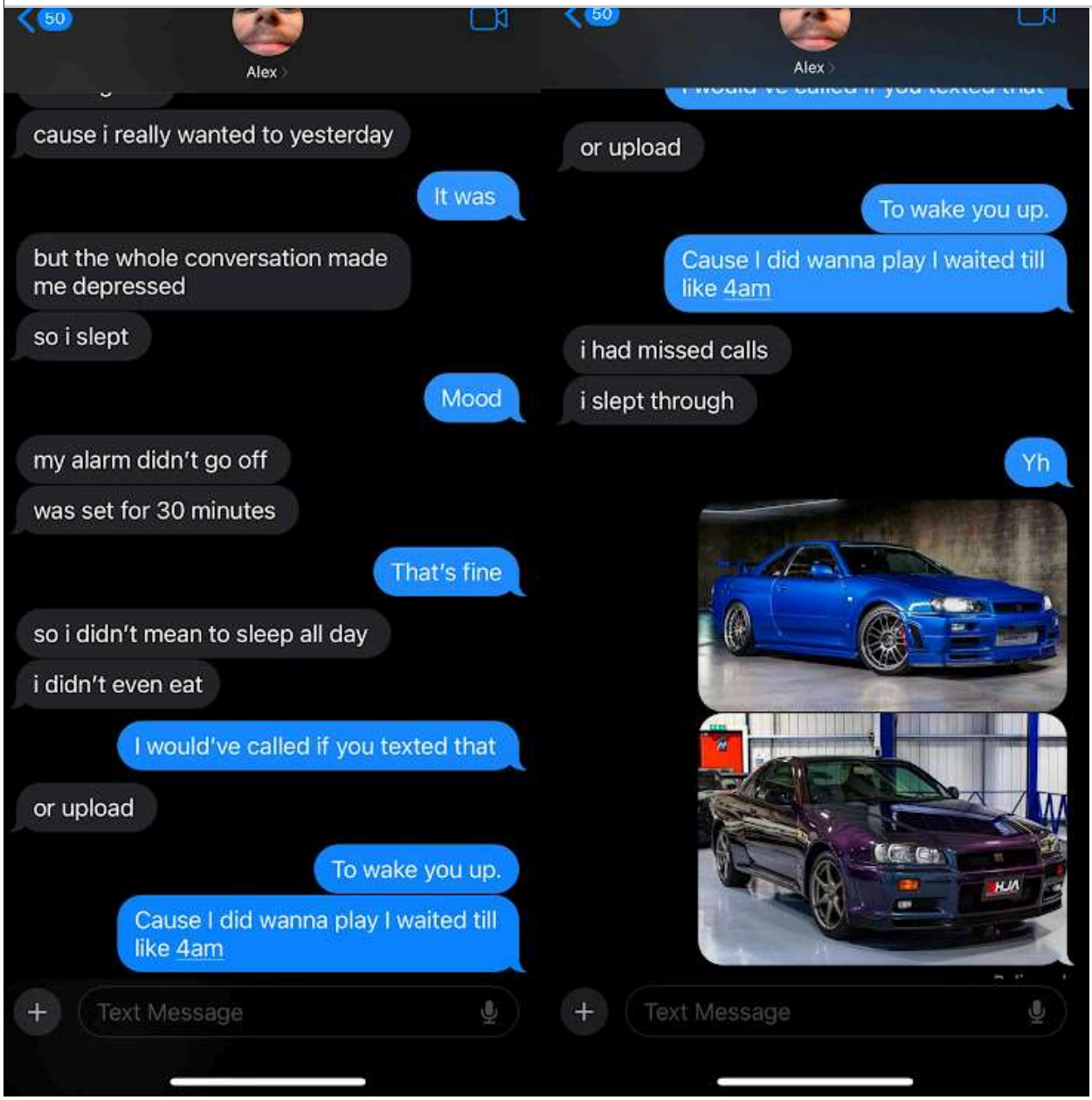
# Response - Read First


50
Alex
Tell me
yeah can you do the same
That hurt my feelings why did you say it like that, that last bit "why did you say it like that" is crucial
instead of just saying i said i was going to bed
Yh
comes across like i've made a mistake
calling
like
No I'm just not happy rn
Im tired
Im not happy
Im gonna sound like that
" why are you calling i said i was going to bed idiot"
Text Message
50
Alex
Im gonna sound like that
" why are you calling i said i was going to bed idiot"
I always do
It's always been me
that's how it soundit sounds
Well that wasn't how I meant it.
it's very harsh
It was a, I'm going to bed I want to crawl in a ball and die alone
to open a conversation like that
I am
doesn't give the other person much to say
It's called pushing people away
they can only go
Text Message

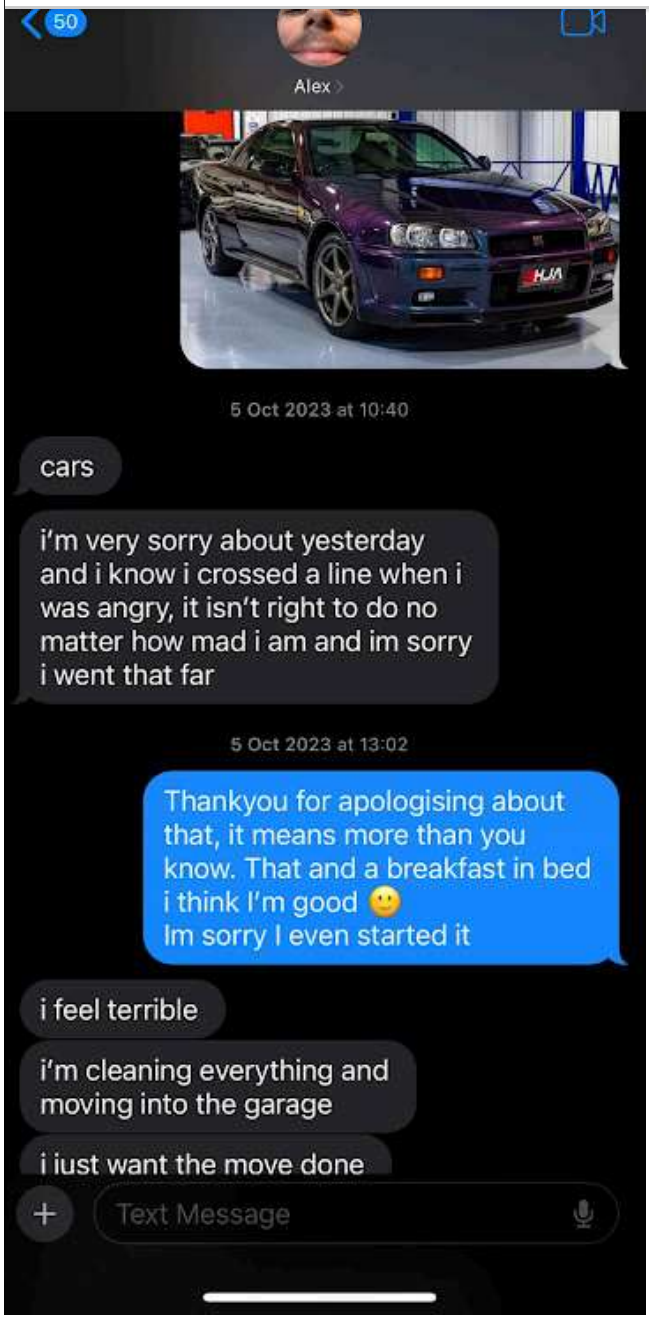
# Response - Read First


50
Alex
doesn't give the other person much to say
It's called pushing people away
they can only go
ok
or sorry
so i said sorry
and hung up
You said bye
i said sorry goodbye
You just said the word bye
i did say oh okay sorry bye
Atleast that's all I got
I got "bye"
If you said it, I didn't hear it
i mumbled it cause it instantly upset me
Text Message
50
Alex
I got "bye"
If you said it, I didn't hear it
i mumbled it cause it instantly upset me
Okay
Well say it louder and then I'd get you was sad not pissed
i was genuinely excited to say goodnight
I don't believe it
That's a me thing
especially cause i saw you asked to play
i was like
cool
that's good
cause i really wanted to yesterday
Text Message

# Response - Read First

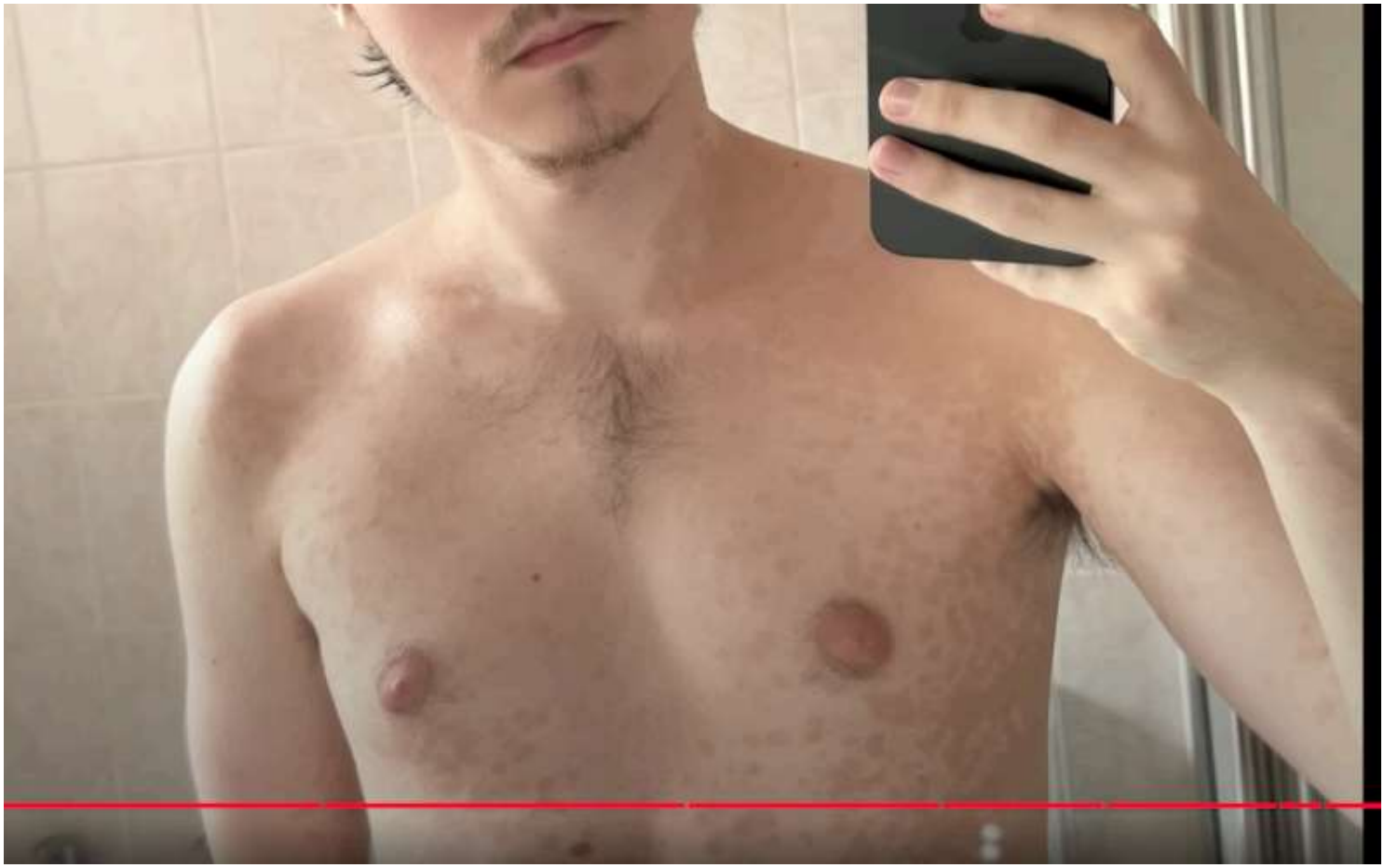


# Response - Read First


50
Alex
5 Oct 2023 at 10:40
cars
i'm very sorry about yesterday and i know i crossed a line when i was angry, it isn't right to do no matter how mad i am and im sorry i went that far
5 Oct 2023 at 13:02
Thankyou for apologising about that, it means more than you know. That and a breakfast in bed i think I'm good 🙂
Im sorry I even started it
i feel terrible
i'm cleaning everything and moving into the garage
i iust want the move done
Text Message

# Response - Read First

everyday dating someone who said these things so easily to me, feeling no remorse or guilt. He just flew past the days like nothing ever happened. This was immensely draining on my side, idk if this is just a me thing, so i've been scared to talk out about this because im worried I won't be easily understood.



He goes on to say he didn't act like nothing happened, and used his skin infection as proof, when this only got worse if he didn't use the medication and cream he was prescribed, this had nothing to do with me.

He claims I "stonewalled" him, yes I would stop responding to Alex after he would spam me with insults and argue with me being aggressive.

To say the clips i had of alex screaming physical threats at me, was just me poking and filming his reaction" or "breakdowns" when that isn't the case, the context of most of those clips are alex being angry that i didn't go about something the way he wanted me to, like the conversations about posting videos. These were a daily occurrence and very traumatising, the whole reason why I clipped it.

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've spoken about this already, but again, to imply the word I know is very wrong and I am sorry about hat.
3ut I did not actually use this full word, especially in the contexts Alex used it. I take full accountability or this and the name in my phone, I was ignorant and I really am deeply sorry.

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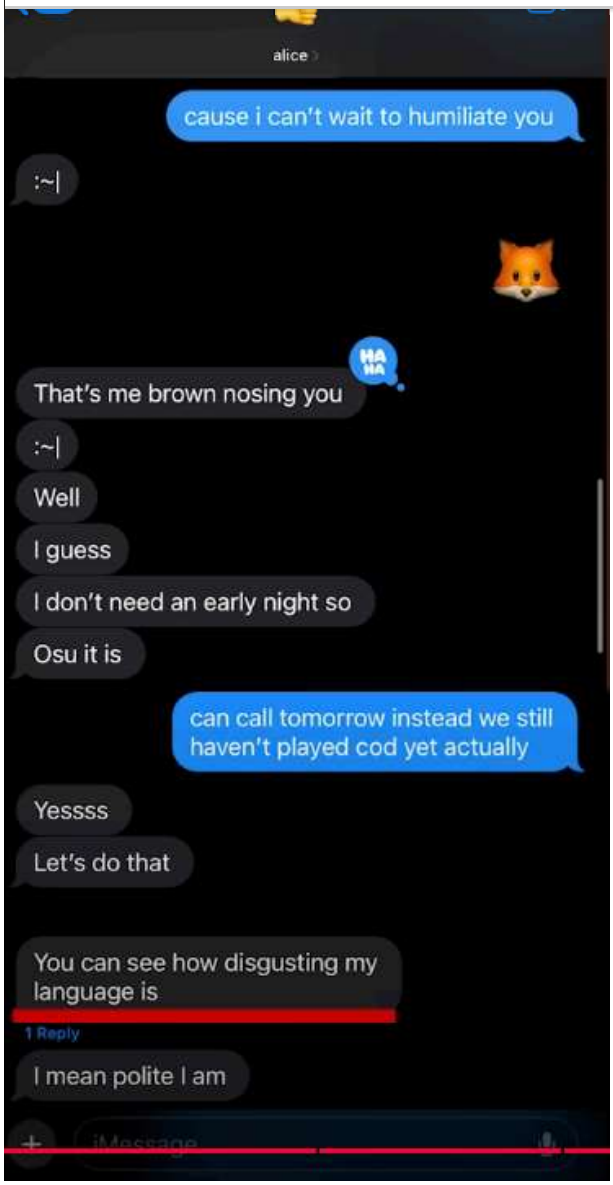


He uses this as "proof" of me being racist, yet I was talking about playing cod with him, and yes I swear on that game, like the rest of the population on that game. This is not me being racist or saying I am going to be, this is just how I am, I swear a lot. In no way did I "brag" about being racist or bring this into the relationship, but that's all I can say now and after everything I've now put out I'll leave it for others to make their own opinions on this. To use these words aggressively towards me, and even get angry at me for not laughing when he joked about my muslim friend being raped and killed is racist, to now try to project this onto me is wrong.
To say I was planning on this, and building this since dating, is just a lie. If this was the case I wouldn't have said the things I did, none of this was "planned".

I retaliated badly in this relationship and I will forever be apologetic for the words I used that offended others. But it is the right thing to do, after he has lied about the whole relationship to just put everything out there from both sides. I will not hide from anything I've done because I truly do want to move on from this, heal and better myself.

I am not the same person I was back in that relationship, and looking back I shouldn't have reacted the way I did but what's done is done. I take full accountability for the bad things I said, and for being pushed so far into doing things I regret.

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Regarding my dear bear, my cat, he is okay and safe with me. For Alex to threaten to harm him was not okay and I did my best to keep him away from this man after threats were made. This would make any owner feel and act the same way, for you to see how Alex treated me and to hear the threats not only on me but on my pet made me very untrusting.

Since writing this, Alex has made another response to all of my tweets and in all honesty I have no intention to respond to it, everything is on the table here.